

BUILDING STRONG



FAMILIES SERIES

SELF-CONTROL IN THE FAMILY



Dr. William Mitchell
& Phyllis Belew

A HOME ACTIVITY BOOK



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Nashville, Tennessee 37234

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Children/Preschool Section

Youth/Children/Preschool Department

Discipleship and Family Development Division

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BUILDING SELF-CONTROL IN THE FAMILY

It is time to take the children to school before going to work. No one can find his or her homework. Your teenager is still in the bathroom. The breakfast dishes are still on the table. Your spouse has already gone to work but forgot important papers which are still on the kitchen counter.

Sound familiar? Your family needs help with the basic principles of self-control.

Self-control involves developing positive habits which help you grow into the person God created you to become. It includes . . . setting goals and working to achieve them . . . working on behaviors which will

help, not hurt relationships . . . speaking and listening to others in kind ways . . . learning to be responsible for your own things . . . scheduling time with others in mind . . . completing family chores and tasks

Self-Control in the Family is not a family devotional book. It is a home activity book with the goal of helping you and your family develop new habits of self-control.

Habits are developed through repetition. By spending 10 to 15 minutes a day setting and working on small goals, you can develop these habits that mean more self-control in your family.

WHO SHOULD USE THIS BOOK?

This book is designed to be used by any
family who wishes to have
more self-control.



Single mother
and children and/or
teenagers



Single father
and children and/or
teenagers



Family with
adopted children



Blending Family



YOUR FAMILY



Families
with joint custody



Foster Family



Grandparents
who are raising
grandchildren



Mother, Father,
children,
and/or teenagers

USING THIS BOOK WITH CHILDREN

 A crucial part of using this book with children is giving positive messages rather than negative ones to help them change their behavior. Many of the daily goals deal with how you interact with your children. Changing your habits of how you talk to them and how you achieve your goals will model how they can show more self-control.

The daily repetition is designed for children to make your values their own. You do not want them



just to do what you tell them to do. Your goal is for them to become self-disciplined.

Most children should be able to read the goals, select one or write their own, and read the daily evaluation sheet. However, you may wish to check with them each day so that they can tell you their goal. Keep this exchange light and positive. You may want to share your goal. Most of all, use the stickers, checklists, cartoons, reward cards, and Q-cards to make the emphasis fun for children.

USING THIS BOOK WITH PRESCHOOLERS AND FIRST GRADERS

 Older preschoolers and first graders can still be a part of this family emphasis even though they cannot read. Read posters and cards aloud and explain what they mean. Help them check a goal for each day. They will particularly be able to do the encouragement goals such as giving hugs. Read the checklist each day so that they can earn their stickers.

Remember that preschoolers and first graders do develop habits. Many times trying to learn new habits creates frustration. Do not deny them their feelings. Help them to put their feelings into words. They may not even understand that they are feeling frustrated.



To help a child deal with frustration, be consistent by reminding them about what is expected of them. A 15-minute warning about putting away toys helps a child finish what he is doing. Say: "I know you may not feel happy when you have to put away your toys at bedtime. It will be your bedtime in 15 minutes. You need to start putting away your toys now." Consistency, repetition, and warnings in a non-threatening environment will help young children feel loved and able to do the things expected of them.

Emphasize positive behavior with stickers, cards, hugs, and words. Make them feel good about themselves and confident of your unconditional love.

USING THIS BOOK WITH TEENAGERS

 Some of the activities in this book are not planned for teenagers. However, the goal sheets are designed to be used with teenagers as well as children. Teens have a tendency to put things off. Setting daily goals to develop habits will be very important for them. Be positive and encouraging. Be sure to notice and comment on their efforts.



perfect opportunity to model for them how a person is to react in challenging situations. Show them how to create new habits and correct any behavior that is inappropriate.

As you plan activities to celebrate your family's success, involve your teenagers. Do things that they will enjoy. Don't let them miss the opportunity for family fun together. Learning self-control contributes to a better family relationship.

Conflict with teenagers is inevitable. You have a

HOW TO HAVE MORE SELF-CONTROL IN YOUR FAMILY

Habits . . . and Your Family

Everyone develops habits. Developing good habits is not easy. To develop good habits means more than just getting by.

First, look at where you want to be in your physical, spiritual, and emotional life. Next, set goals for getting to that place. Next, develop a way to measure progress. Finally, define success.

What are some positive ways to handle developing good habits? Many of the goals for the next 30 days are focused on ways to develop

good habits. They include using positive self talk, developing control in scheduling, doing chores, and treating others in appropriate ways. Other goals involve evaluating current habits such as getting adequate sleep and choosing to do the right thing.

Think together with your family about ways to develop good habits. Working together can increase success with reaching the goals you set.

Before You Begin

Look through this book so that you are familiar with how it will be used. Notice that it is not a devotional book. You will not be meeting together each day. It is an activity book that leads those in your family to set and work on personal daily goals and then to evaluate their actions.

Separate the Q-cards, reward cards, logos, posters, and cartoons. Store them in plastic bags to use later.

Also read the book, *Building Strong Families*, by Dr. William Mitchell. Although it is not essential to using this material, it is foundational to the Building Strong Families emphasis, and you will find it very helpful in guiding your family.

First . . . Build Your Team

You are the coach. Whether you are a parent, single parent, stepparent, grandparent, or foster parent—if you have responsibility for a family—then you are the coach.

As the coach, you are the model for your family. You are the one who will set the winning climate. The climate is created by the feelings family members get from interacting with each other. You can remind family members how they are to treat each other by posting the Q-cards, posters, cartoons, and logos. Q-cards are colorful cards with quotes that will



“cue” your family to remember to work on their goals. Plan to change them regularly. (You can ask a child to change them. A child would enjoy doing it.)

Check with each child daily to be sure he has set the day's goals.

Encourage children and teens with stickers, cards, and other encouraging words. Positive reinforcement will cause children to repeat good behavior. Repeating good behavior builds the habits that you desire.

As the coach, you will lead in celebrating the success your family will have. All this may sound complicated,

but it should take only 10-15 minutes a day!

Begin by holding a family meeting. Select a time when your whole family can be present and will be available for at least one hour. Turn off the television and unplug the phones. This first section will give you ideas of things to discuss at this meeting.

Talk about why your family needs this book and what the book will do. For example, you might begin by asking them to think of reasons you may need more self-control in your family.

You might discuss ways chores have been neglected or that members of the family have waited for others who are not on time. Do not allow family members to blame others or criticize one another. Explain that you are trying to work as a team on new habits. Be sure to point out times the family did a good job of working together. Be positive as you encourage your family to become more in control of their lives through new habits. Build on these good experiences to excite your family about being successful in this project.

Second . . . Set Your Family Goals

Just saying that you want more self-control in your family is not enough. You need to set some overall goals to work on together. First decide together whether you will work on these goals every day for 30 days or on weekdays only for 6 weeks.



Begin by writing one or two overall goals for your family to achieve during this time period. These goals should help your family have more self-control.

Some examples might be

We will complete our chores on time.

We will encourage one another.

We will be positive about the things we can do well.

We will use a family calendar.

We will coordinate our schedules.

Write the suggestions on a sheet of paper.

Discuss each one together. Narrow your goals to one or two. Print the finished goals on the goal sheet following the cartoons. Ask each person to sign the goal sheet. Explain that by signing their names they are saying that they are going to do their very best to help the family to reach these goals during the next month (or six weeks).

Post the family goal sheet in a prominent place.

Note

If a child or teenager does not wish to participate, do not try to force him or her. Since most of your personal goals will involve encouraging others and interacting with family members in a more positive way, you may find that this person will wish to join in before the time is up. However, in any case, he or she will benefit from your modeling the right habits.

Third . . . Create a Winning Climate

Creating a winning climate means having a climate in which your family will interact with each other in ways that cause them to feel that they can have more self-control in the family. As the coach, your attitude sets the tone. By modeling self-control and showing an attitude that your family can do what it takes, you can create a winning climate. To remind them that they can do what it takes to have self-control, place the Q-cards



and posters, cartoons, and logos around where your family works and plays.

These 24 Q-cards and 3 posters are quotes from the Bible, authors, famous people, and others which will help your family think about what you are trying to do. Some of them are more appropriate for parents, others for children and teenagers. Change them each week. For preschoolers and young children, read them aloud several times a day.

Use humor to help your family stay on track by putting the cartoons in prominent places. The logos also can remind family members of what you are trying to do and how you are to treat each other.

Use these items to help each other meet your goals. They can remind you that you are changing your habits.

Encourage your family to suggest places to put these reminders. They may mention placing them on the refrigerator, dining table, kitchen cabinet, bedroom door, mirrors in the bedrooms and bathrooms, car dash, inside school locker doors, on schoolbook covers, in school lunch boxes, on toy chests, on the

television cabinet, or anywhere else your family will see them regularly.

Explain that you will be putting up the Q-cards, posters, and cartoons and you will be changing them each week. (Or you will ask one of them to do it one week.)

Distribute the logo cards and encourage them to put them anywhere they think a reminder will help them think of their goals.

Children and preschoolers may enjoy punching a hole in the logo and using yarn or string to wear it as a necklace or to hang it someplace such as the car mirror.

Fourth . . . Develop Good Habits



One of the most important goals of this emphasis is to help your family develop good habits.

Good habits lead to good character which leads to success.

Habits are developed by repeating small steps. Researchers have found that it takes 21 days of repetition to change a habit. As the coach, you will change your habits and model good actions by reaching your goals each day.

To make your overall family goals, you and your family need to improve your attitudes and your habits. You can do this by setting daily goals which will help you change a little at a time. To help each person reach his or her goals, each will have a daily goal sheet.

On the goal sheets are three goals to choose from, or each person can write his or her own. Each person needs to decide this goal in the morning or the night before and work on it all day. Sometimes the goals may seem repetitive. Choosing the same goal for several days in a row is important. Changing habits comes through repetition.

(Note: If you have members of your family who find it difficult to set their goal in the morning, suggest that they select it the night before.)

On the back of the goal sheet is material to help you and your family think about ways you have reached your goals for the day and have a brief time of individual prayer. These evaluation sheets will not be



used as a family devotional time. They are intended for each person to use to reflect alone. (You will have to read them for younger children or preschoolers.)

If you have a teenager, encourage him or her by telling your goal for the day and how you did at reaching it. You can explain why you chose that goal. Teenagers may not see the value of setting goals at first. Give an opportunity for him or her to tell you about successes. However, teenagers need their privacy so do not insist they share. No matter what, keep your tone light and your attitude affirming and positive.

Reassure teenagers that the goals they set are to be confidential within the family. Do not embarrass them by talking to others outside the family about their progress.

For school-age children and perhaps even younger youth, stickers and checklists are provided following the goal sheets. Use the checklists to help children have fun with reaching goals. Tape them to the refrigerator, bedroom door, or other convenient places. Children love stickers and enjoy the positive reinforcement. You may wish to help them by reading the list aloud and explaining each one.

For example:

1. I chose one goal to work on today. ("Choose as a goal something that you do not already do. For example, a goal might be to hang up your clothes. You also can choose a second goal such as giving a family member a hug.")

b. *I did the following task today:* _____

(“What task do you know you need to work on doing every day? What about hanging up your clothes or putting away your toys? We will write that task in on your checklist.”)

c. *My coach gave me at least one positive message today.* (“I am your coach. Each day I should be saying something positive to you or giving you a reward card or sticker.”)

d. *I read two Q-cards or posters aloud this morning.* (“That means you read the quotes on the cards and posters we have around the house or car.”)

e. *I planned my time to include both playtime and homework or chores.* (“That means that you were organized enough so that you were able to finish your homework or chores and also had time to play.”)

Use the small round stickers with this list to check off each success. Explain that each day they will get a sticker to put by each item they complete.



One of the most valuable steps you can take is to make positive reinforcement a habit. Too often we as parents spend most of conversation with our children on the negative. Use positive words to help children and teens know what they are doing well.

Following the checklists you will find stickers that you can give your children when you see them contributing to making your family run smoothly. Tell them you will be watching for when they do something to reach their goals. When they do, you will have stickers or cards to give them so they will know that you have noticed their contribution to self-control in your family.

In addition, you will find reward cards to give for working on a goal or to let them know you love them no matter what they do. These are really effective when



accompanied by a hug or pat. Children need your unconditional love. (Do not show these in the family meeting. Let them be a surprise.)

Also, even if they seem to protest, teenagers need contact and approval from you. While they may not want stickers, a reward card or encouragement card on their pillow or at their place at the table will affirm them. And hugs and words of encouragement and approval are vital to their feeling good about themselves. Don't miss any opportunity to tell them what a good job they are doing, but remind them that you love them no matter how well they do.

Following the goals and evaluation sheets, you will find suggestions for celebrating your success each week and at the end of the 30 days or 6 weeks. Mention a few of the suggestions at the family meeting. Add any that your family may suggest.

Now . . . Begin

Conclude your planning session by holding hands and praying.

Ask God to help each family member as you

develop habits which will lead to more self-control in your family.



*A child must be exposed to
the principles of self-control before
he can apply them to his life.*



**Self-control must be taught
as well as caught.**



*Self-control involves deciding how to
spend each day's 24 hours.*



**Helping a child be responsible for his stuff
when he is young develops
self-control in other areas of his life.**



One who is slack in his work
is brother to one who destroys.

Solomon (Proverbs 18:9, NIV)



We first make our habits, then
our habits make us.

John Dryden



In the morning, O Lord, you hear
my voice; in the morning I lay my requests
before you and wait in expectation.

David (Psalm 5:3, NIV)



So be very careful how you live. Do not live like
those who are not wise, but live wisely.

Paul (Ephesians 5:15, NCV)



Let us not become weary in doing good,
for at the proper time we will
reap a harvest if we do not give up.

Paul (Galatians 6:9, NIV)



A cheerful heart is good medicine.

Solomon (Proverbs 17:22a, NIV)



Pleasant words are a honeycomb,
sweet to the soul and healing to the bones.

Solomon (Proverbs 16:24, NIV)



Setting clear goals is the keynote
of success.



But you, keep your head in
all situations.

Paul (2 Timothy 4:5a, NIV)



We have two ears and only
one tongue in order that we may
hear more and speak less.

Diogenes



I have learned the secret of being
content in any and every situation.

Paul (Philippians 4:12c, NIV)



Make the most of every opportunity.

Paul (Colossians 4:5b, NIV)



Let us be alert and self-controlled.

Paul (1 Thessalonians 5:6b, NIV)



Respect those who
work hard among you.

Paul (1 Thessalonians 5:12b, NIV)



The strongest principle
of growth lies in human choice.

George Eliot



Nothing difficult is ever easy.

Anonymous



He is most powerful
who has power over himself.

Seneca



Why is it that there is never
enough time to do a job right, but always
enough time to do it over?

Anonymous



Developing family calendars creates
an atmosphere in which a child learns the
principles of scheduling.



Consider the postage stamp:
its usefulness consists in its ability to stick
to one thing till it gets there.

Josh Billings



*With man this is impossible,
but with God all things
are possible.*

Matthew (Matthew 19:26b, NIV)



**I have noticed that folks
are generally as
happy as they have made up
their minds to be.**

Abraham Lincoln



It takes less time to do
a thing right than to explain
why you did it wrong.

Longfellow



*"Maybe I'll try harder to stop
being myself."*

Cartoon Ideation by Martha F. Campbell



*"My Dad won't have different goals
It's just as if he and I are 'G's'."*

Cartoon Ideation by Martha F. Campbell



*"Never say,
I'll put my clothes in the laundry room
when I get around to it."*

Cartoon Ideation by Martha F. Campbell



*"I don't really know
how to be a good person
I'm just a kid."*

Cartoon Ideation by Martha F. Campbell



OUR FAMILY'S GOALS

Suggested Goals

We will keep events on a family calendar.

We will plan ahead and not put off projects.

We will work together to achieve this major goal: _____.

We will make a schedule and stick with it.

We will encourage each other.

Or you may wish to develop your own goals.

Our family has selected the following two goals for this month.

By signing our names, we are committing to working together on these goals to develop more self-control in our family.



Family Goal

Family Goal

Family Signatures

Family Signatures

DAY 1
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward more self-control in your family.

- ☐ 1. Today I will look for three things I do well.
- ☐ 2. Today I will do the things I say I will do.
- ☐ 3. Today I will say, "I love you," to a family member.

☐ Or this goal: _____

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☐ Or this goal: _____



Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will think about something I do well.
- ☐ 2. Today I will put my stuff away before going to bed.
- ☐ 3. Today I will say, "I love you," to a member of my family.

☐ Or this goal: _____



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☐ Or this goal: _____

SO GOD CREATED
HUMAN BEINGS IN HIS IMAGE.
IN THE IMAGE
OF GOD HE CREATED THEM.

Moses (Genesis 1:27, NCV)

How do you view yourself? Do you view yourself as someone God has gifted and empowered?

God has made each of us in His image. As you view yourself each day, remember the talents and abilities that are uniquely yours. The first step in building self-control is to have a positive view of your abilities.

List three things you do well.

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HUMAN BEINGS IN HIS IMAGE.
IN THE IMAGE
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Moses (Genesis 1:27, NCV)

How do you view yourself? Do you view yourself as someone God has gifted and empowered?

God has made each of us in His image. As you view yourself each day, remember the talents and abilities that are uniquely yours. The first step in building self-control is to have a positive view of your abilities.

List three things you do well.

ASK GOD TO
HELP YOU BE POSITIVE
ABOUT YOURSELF.

**God does not see the same way
people see. People look
at the outside of a person, but the
Lord looks at the heart.**

(1 Samuel 16:7b, NCV)

You are special because God made you. God has given you things you can do well. God looks at your heart and sees things that make you special.

Think about the many things you can do well. You may be able to do math well or cheer up someone who is sad. You may not have thought about all the things that make you special. A first step toward self-control is feeling good about yourself.

List some of the things you do well.

Thank God for making you special.

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- ☐ 1. Today I will ask a member of my family to talk about something he does well.
- ☐ 2. Today I will listen when another member of my family is speaking.
- ☐ 3. Today I will thank a member of my family for using kind words.

☐ Or this goal: _____



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Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

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☐ Or this goal: _____

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people see. People look
at the outside of a person, but the
Lord looks at the heart.

(1 Samuel 16:7b, NCV)

You are special because God made you.
God has given you things you can do well.
God looks at your heart and sees things
that make you special.

Think about the many things you can do
well. You may be able to do math well or
cheer up someone who is sad. You may not
have thought about all the things that make
you special. A first step toward self-control
is feeling good about yourself.

List some of the things you do well.

Thank God for making you special.

It is difficult to listen when
you are talking.

Do you think the people in your family
are special? God made each one of them
special, too.

Family members have things to say that
are important to them. Did you listen to
what other members of your family said to
you today?

Write a positive thing you heard a member
of your family say today.

**Ask God to help you listen
to what the members
of your family are saying.**

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people see. People look
at the outside of a person, but the
Lord looks at the heart.

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Do you think the people in your family
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special, too.

Family members have things to say that
are important to them. Did you listen to
what other members of your family said to
you today?

Write a positive thing you heard a member
of your family say today.

**Ask God to help you listen
to what the members
of your family are saying.**

DAY 2
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward more self-control in your family.

- ☐ 1. Today I will tell a member of my family something she did well.
- ☐ 2. Today I will help a member of my family do a chore such as feed a pet.
- ☐ 3. Today I will tell a member of my family how important he is to me.
- ☐ Or this goal: _____

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(I am a model.)

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- ☐ 2. Today I will listen when another member of my family is speaking.
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- ☐ Or this goal: _____



Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will ask a member of my family to talk about something he does well.
- ☐ 2. Today I will listen when another member of my family is speaking.
- ☐ 3. Today I will thank a member of my family for using kind words.
- ☐ Or this goal: _____

A POSITIVE ATTITUDE IS
THE KEY TO
FOR DEVELOPING SELF-CONTROL.

How important are you to God?

God gives us abilities. Many times we do not understand our worth because we do not acknowledge our abilities. As you tell others in your family about the abilities God has given you, you will begin to appreciate the importance of other family members.

Speaking positively about what God has done in your life is not boasting; it is a form of glorifying God.

Write one ability you have that you told a family member about today.

THANK GOD FOR
YOUR TALENTS AND ABILITIES.

**It is difficult to listen when
you are talking.**

Do you think the people in your family are special? God made each one of them special, too.

Family members have things to say that are important to them. Did you listen to what other members of your family said to you today?

Write a positive thing you heard a member of your family say today.

**Ask God to help you listen
to what the members
of your family are saying.**

A POSITIVE ATTITUDE IS
THE KEY TO
FOR DEVELOPING SELF-CONTROL.

How important are you to God?

God gives us abilities. Many times we do not understand our worth because we do not acknowledge our abilities. As you tell others in your family about the abilities God has given you, you will begin to appreciate the importance of other family members.

Speaking positively about what God has done in your life is not boasting; it is a form of glorifying God.

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Write a positive thing you heard a member of your family say today.

**Ask God to help you listen
to what the members
of your family are saying.**

DAY 3
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward more self-control in your family.

- ☐ 1. Today I will tell a family member something she does well.
- ☐ 2. Today I will take a walk with a member of my family.
- ☐ 3. Today I will praise a member of my family when he is kind to another family member.

☐ Or this goal: _____

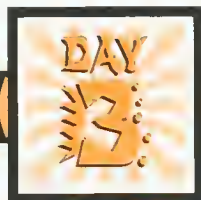
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Goals for Family Members

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will ask a member of my family to talk about something he does well.
- ☐ 2. Today I will play a game when another member of my family asks.
- ☐ 3. Today I will encourage a member of my family.

☐ Or this goal: _____



Goals for Family Members

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☐ Or this goal: _____

YOUR ATTITUDE SHOULD BE
THE SAME AS THAT OF CHRIST JESUS.

Paul (Philippians 2:5, NIV)

People like to feel needed and of value.
This is especially true about members of your
family. Sometimes we forget to tell our
children or spouse positive things they do.

How has reaching your goal today helped
those in your family feel better about
themselves? Did anyone make you feel
needed today?

Write one compliment you gave a member
of your family today.

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THE SAME AS THAT OF CHRIST JESUS.

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PRAY THAT GOD WILL HELP
YOU SHOW YOUR FAMILY MEMBERS
THAT THEY ARE NEEDED.

PRAY THAT GOD WILL HELP
YOU SHOW YOUR FAMILY MEMBERS
THAT THEY ARE NEEDED.

**Therefore, encourage one another
and build each other up.**

Paul (1 Thessalonians 5:11a, NIV)

Do you encourage other members of
your family?

At times you can smile at those in your
family, talk to them, or just say something
nice to them, and it will help them have a
happier day. It also will make you feel good.

List one way you encouraged someone
in your family today.

**Therefore, encourage one another
and build each other up.**

Paul (1 Thessalonians 5:11a, NIV)

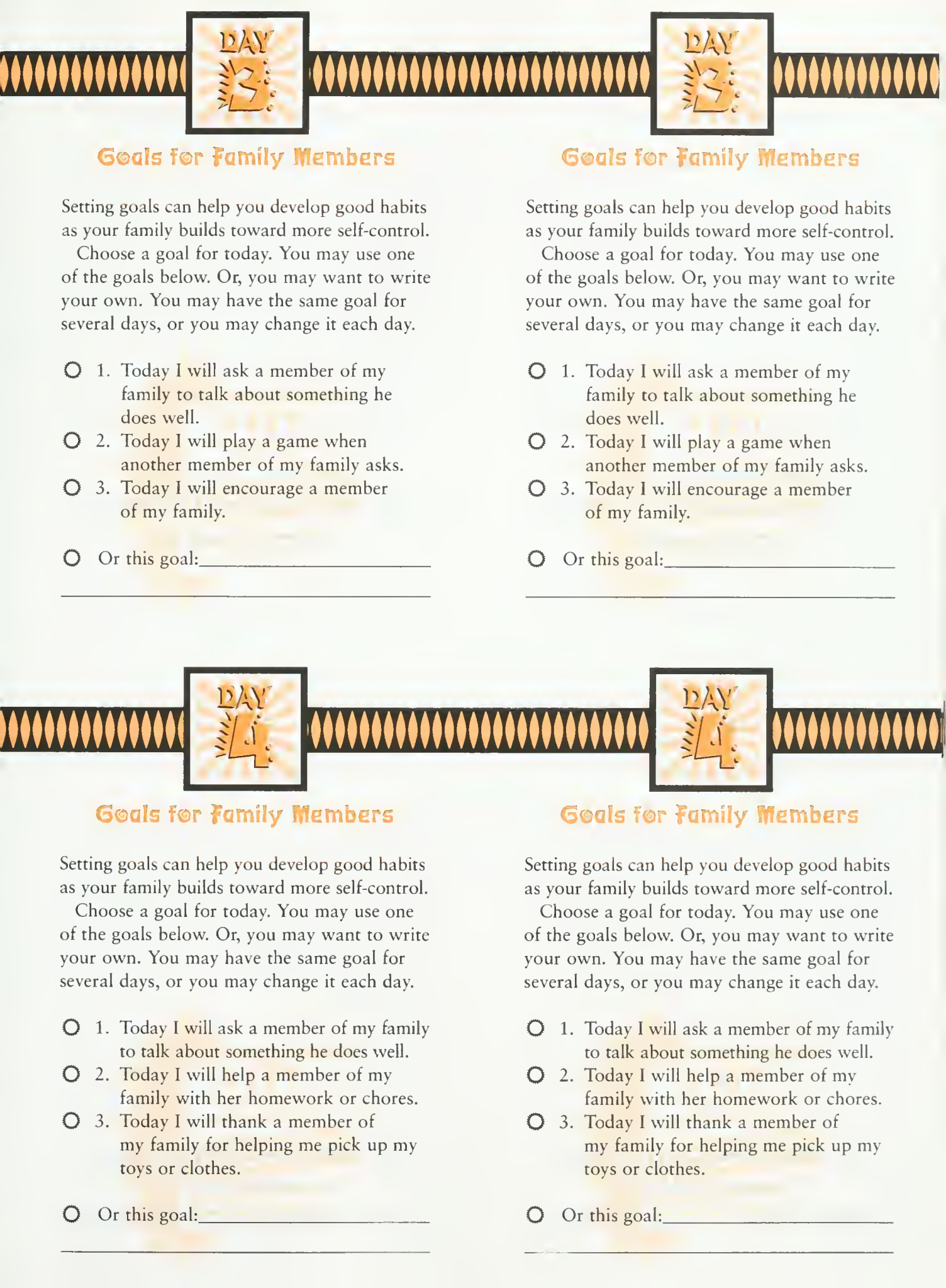
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your family?

At times you can smile at those in your
family, talk to them, or just say something
nice to them, and it will help them have a
happier day. It also will make you feel good.

List one way you encouraged someone
in your family today.

**Ask God to show you
more ways to encourage members
of your family.**

**Ask God to show you
more ways to encourage members
of your family.**



 DAY

3

Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

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 DAY

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 DAY

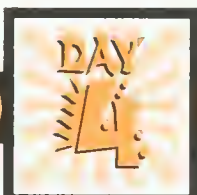
4

Goals for Family Members

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will ask a member of my family to talk about something he does well.
- ☐ 2. Today I will help a member of my family with her homework or chores.
- ☐ 3. Today I will thank a member of my family for helping me pick up my toys or clothes.
- ☐ Or this goal: _____


 DAY

4

Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will ask a member of my family to talk about something he does well.
- ☐ 2. Today I will help a member of my family with her homework or chores.
- ☐ 3. Today I will thank a member of my family for helping me pick up my toys or clothes.
- ☐ Or this goal: _____

Therefore, encourage one another
and build each other up.

Paul (1 Thessalonians 5:11a, NIV)

Do you encourage other members of
your family?

At times you can smile at those in your
family, talk to them, or just say something
nice to them, and it will help them have a
happier day. It also will make you feel good.

List one way you encouraged someone
in your family today.

Ask God to show you
more ways to encourage members
of your family.

It is in spending oneself that
one becomes rich.

Sarah Bernhart

Do you like to help members of your family?

Sometimes if we don't help our family
members, they may have trouble with things
they have to do. You can look around and
see things that need to be done. People feel
good when others notice they need help,
even if it's not a big job.

List ways you helped someone in your
family today.

Ask God to help you see things
you can do to help a
family member's task easier today.

Therefore, encourage one another
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DAY 4
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward more self-control in your family.

- ☐ 1. Today I will tell a member of my family something she does well.
- ☐ 2. Today I will give my full attention to a member of my family when he talks to me about something he thinks is important.
- ☐ 3. Today I will praise a member of my family to someone else.
- ☐ Or this goal: _____

DAY 4
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward more self-control in your family.

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Goals for Family Members

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

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- ☐ 3. Today I will thank a member of my family for helping me pick up my toys or clothes.
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- ☐ Or this goal: _____

IF YOU WANT CHILDREN TO CHOOSE TO LOVE,
LET THEM OVERHEAR THE GOOD
THINGS YOU SAY ABOUT THEM TO OTHERS.
Dr. Haim Ginott

Making a conscious effort to enjoy gifts and talents God has given you makes it easier to see God's work in other family members' lives. You become more aware of their abilities. This awareness can help you provide positive reinforcement as they begin developing self-control in areas of their lives. One good way to reinforce them is to let them hear you praising them to someone else.

Think of each member of your family.
List ways that reaching your goal today gave them positive reinforcement.

THANK GOD FOR SPECIFIC,
POSITIVE ABILITIES THAT MEMBERS
OF YOUR FAMILY HAVE.

**It is in spending oneself that
one becomes rich.**

Sarah Bernhart

Do you like to help members of your family?
Sometimes if we don't help our family members, they may have trouble with things they have to do. You can look around and see things that need to be done. People feel good when others notice they need help, even if it's not a big job.

List ways you helped someone in your family today.

**Ask God to help you see things
you can do to help a
family member's task easier today.**

IF YOU WANT CHILDREN TO IMPROVE,
LET THEM OVERHEAR THE NICE
THINGS YOU SAY ABOUT THEM TO OTHERS.
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List ways you helped someone in your family today.

**Ask God to help you see things
you can do to help a
family member's task easier today.**

DAY 5
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward more self-control in your family.

- ☐ 1. Today I will tell a member of my family something she did well.
- ☐ 2. Today I will use positive instructions during a difficult situation.
- ☐ 3. Today I will praise a family member for continuing with a difficult task.
- ☐ Or this goal: _____

DAY 5
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward more self-control in your family.

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Goals for Family Members

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will ask a member of my family to talk about something he does well.
- ☐ 2. Today I will be ready for school or work on time.
- ☐ 3. Today I will tell a member of my family one thing he does well.
- ☐ Or this goal: _____



Goals for Family Members

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- ☐ 3. Today I will tell a member of my family one thing he does well.
- ☐ Or this goal: _____

I CAN LIVE FOR TWO MONTHS ON
A GOOD COMPLIMENT.

Mark Twain

Today did you give words of encouragement
to a family member?

Words of encouragement often bring about
an attitude change. The change occurs not
only in the recipient but also in the giver of
the words. Many times a change in attitude
helps self-control seem within reach.

List a new way you encouraged a member
of your family today.

ASK GOD TO HELP YOU
SPEAK WORDS OF ENCOURAGEMENT
TO MEMBERS OF YOUR FAMILY.

**Be a good finder. Catch someone
doing something good.**

Do you notice what other members of
your family do well? Sometimes they don't
even know they do certain things well.

You can thank your mom for fixing a meal
or your dad for taking you to school or another
family member for folding the laundry.

What did you thank family members
for today?

**Pray that you will
be able to tell a member of the family
something he does well.**

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- ☐ 1. Today I will tell a member of my family about something I do well.
- ☐ 2. Today I will help with a chore.
- ☐ 3. Today I will have a happy voice when I wake up in the morning.

☐ Or this goal: _____



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**Be a good finder. Catch someone
doing something good.**

Do you notice what other members of your family do well? Sometimes they don't even know they do certain things well.

You can thank your mom for fixing a meal or your dad for taking you to school or another family member for folding the laundry.

What did you thank family members for today?

**Pray that you will
be able to tell a member of the family
something he does well.**

**Encourage each other
every day.**

(Hebrews 3:13a, NCV)

The way you talk to others in your family can decide how they will treat you. Speaking with a kind, happy voice can help them feel better.

Sometimes it is hard to encourage family members with happy words because you are tired. But being positive will make you feel better, too.

List a kind or happy thing you said to someone in your family today.

**Ask God to help you speak
in a happy voice.**

**Be a good finder. Catch someone
doing something good.**

Do you notice what other members of your family do well? Sometimes they don't even know they do certain things well.

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DAY 6
GOALS FOR COACH
(I am a model.)

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Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward more self-control in your family.

- ☐ 1. Today I will tell a member of my family something she did well.
- ☐ 2. Today I will schedule my time to devote at least 30 minutes to my family.
- ☐ 3. Today I will say one positive thing to each member of my family before they leave for the day.

☐ Or this goal: _____



Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

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(I am a model.)

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Goals for Family Members

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☐ Or this goal: _____

THE RIGHTEOUS MAN LEADS
A BLAMELESS LIFE,
BLESSED ARE HIS CHILDREN AFTER HIM
Solomon (Proverbs 20:7, NIV)

Self-control can take many forms. It can include spiritual aspects. It can be how we talk to other people. It can involve scheduling. It can be learning to do tasks which need to be done regularly.

Modeling self-control is one of the best sources for teaching self-control to children. Spending time with each family member gives you an opportunity to model behaviors you would like for each to develop.

How did reaching your goal give you a chance to model self-control today?

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How did reaching your goal give you a chance to model self-control today?

PRAY THAT GOD WILL GIVE YOU
A DESIRE TO MODEL
SELF-CONTROL FOR MEMBERS
OF YOUR FAMILY.

**Encourage each other
every day.**

(Hebrews 3:13a, NCV)

The way you talk to others in your family can decide how they will treat you. Speaking with a kind, happy voice can help them feel better.

Sometimes it is hard to encourage family members with happy words because you are tired. But being positive will make you feel better, too.

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List a kind or happy thing you said to someone in your family today.

**Ask God to help you speak
in a happy voice.**

**Ask God to help you speak
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DAY 7
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward more self-control in your family.

- ☐ 1. Today I will ask a member of my family something he does well.
- ☐ 2. Today I will take a walk with a member of my family.
- ☐ 3. Today I will praise a member of my family for going to bed at the established time.

☐ Or this goal: _____

DAY 7
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward more self-control in your family.

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Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will use a kind voice when another member of my family is unhappy.
- ☐ 2. Today I will read my Bible.
- ☐ 3. Today I will thank whoever made dinner.

☐ Or this goal: _____



Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

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YOU CAN'T PRAISE TOO MUCH.
IT'S AN ESSENTIAL
INGREDIENT FOR A HAPPY FAMILY.

Deciding to develop self-control in your life is not a one-person task. Other people are affected. They may see a change in you that makes them feel safe or happy.

Continuing on the path to self-control involves an important element. Positive reinforcement could be called the essential ingredient.

List members of your family you praised today.

YOU CAN'T PRAISE TOO MUCH.
IT'S NECESSARY
INGREDIENT FOR A HAPPY FAMILY.

Deciding to develop self-control in your life is not a one-person task. Other people are affected. They may see a change in you that makes them feel safe or happy.

Continuing on the path to self-control involves an important element. Positive reinforcement could be called the essential ingredient.

List members of your family you praised today.

THANK GOD THAT HE IS
THE SOURCE OF SELF CONTROL.

**I have hidden your word in my heart
that I might not sin against you.**

David (Psalm 119:11, NIV)

God gave His Word to everyone. There are things in the Bible for everyone. You may find a story you like or a psalm that makes you feel happy.

Reading your Bible every day can make you feel better about the special person God has made you to be.

Write a verse you enjoyed today.

**Thank God for giving us
the Bible to read.**

THANK GOD THAT HE IS
THE SOURCE OF SELF CONTROL.

**I have hidden your word in my heart
that I might not sin against you.**

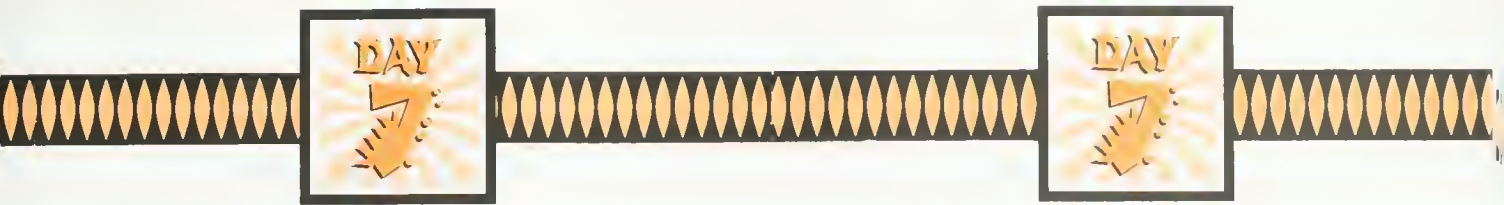
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DAY
7

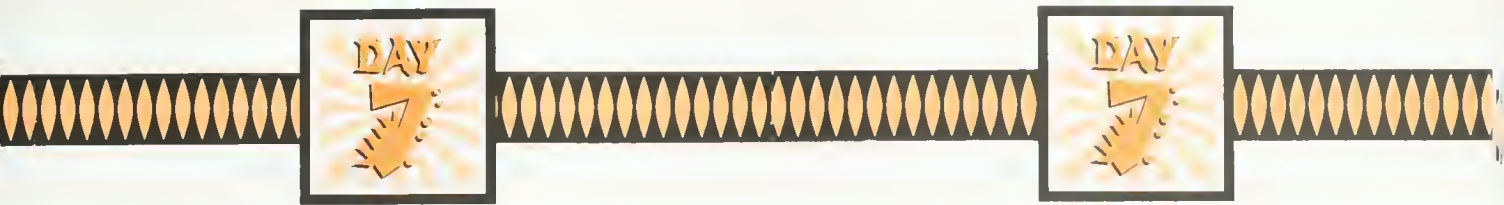
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DAY
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DAY
8

Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will help my family make a family calendar.
- ☐ 2. Today I will leave the bathroom in order after getting ready.
- ☐ 3. Today I will thank my parents for getting me to places and events on time.

☐ Or this goal: _____



DAY
8

Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will help my family make a family calendar.
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that I might not sin against you.**

David (Psalm 119:11, NIV)

God gave His Word to everyone. There are things in the Bible for everyone. You may find a story you like or a psalm that makes you feel happy.

Reading your Bible every day can make you feel better about the special person God has made you to be.

Write a verse you enjoyed today.

**Thank God for giving us
the Bible to read.**

**There is a time for
everything.**

The Preacher (Ecclesiastes 3:1, NCV)

Have you or someone in your family ever forgotten an important event at school or church? Maybe you forgot to bring home the notice about the event. Or perhaps the notice was lost at home.

Every family needs a special place to put announcements so everyone can see them. Or maybe events can be recorded on a family calendar.

List some events you will need to remember.

**Thank God for a special place
to post your activities.**

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that I might not sin against you.**

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List some events you will need to remember.

**Thank God for a special place
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DAY 8
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will help make a family calendar.
- ☐ 2. Today I will help members of my family decide when to plan the things they have to do.
- ☐ 3. Today I will praise a member of my family for a wise choice he has made.

☐ Or this goal: _____

DAY 8
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

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- ☐ 3. Today I will thank my parents for getting me to places and events on time.

☐ Or this goal: _____



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EACH OF YOU SHOULD LOOK NOT ONLY
TO YOUR OWN INTERESTS,
BUT ALSO TO THE INTERESTS OF OTHERS.
Paul (Philippians 2:4, NIV)

Choices indicate the type of self-control you choose to use. The choices a family member makes in scheduling can mean the difference between chaos and peace. Training children to plan their schedules with the family in mind will create harmony.

How did reaching your goal today show you had your family in mind?

ASK GOD TO HELP YOU THINK OF
YOUR FAMILY'S NEEDS
AS YOU SCHEDULE YOUR DAY.

**There is a time for
everything.**

The Preacher (Ecclesiastes 3:1, NCV)

Have you or someone in your family ever forgotten an important event at school or church? Maybe you forgot to bring home the notice about the event. Or perhaps the notice was lost at home.

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List some events you will need to remember.

**Thank God for a special place
to post your activities.**

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DAY 9
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will post the family calendar in a well-traveled area of the house.
- ☐ 2. Today I will help members of my family calendar events they have received notices for.
- ☐ 3. Today I will praise a member of my family for allowing another family member to finish talking uninterrupted.
- ☐ Or this goal: _____

DAY 9
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

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Goals for Family Members

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will plan to do something another member of my family will enjoy.
- ☐ 2. Today I will check the family calendar before making plans.
- ☐ 3. Today I will hug a member of my family.
- ☐ Or this goal: _____



Goals for Family Members

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THE TRUE ART OF MEMORY
IS THE ATTENTION.

Samuel Johnson

A schedule which is not referred to is of little value. School and church notices are frequently lost if you do not have a central location to post them. A family calendar in a well-traveled area will help other family members feel that their events are of value.

List ways you showed others in your family that you value their important events.

PRAY THAT GOD WILL
HELP YOU VALUE THE ACTIVITIES
OF YOUR FAMILY MEMBERS.

**Pleasant memories are made
when we meet the needs of others.**

Everyone has some activities that they enjoy. The activity can be playing a game, watching a TV show, or going for a walk. Think about the members of your family. What activities do they enjoy?

List a family member's favorite activity you enjoyed doing with them.

**Ask God to help you
find an activity a member of
your family enjoys.**

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DAY
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DAY
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DAY
10

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will talk calmly with my parents about changing rules I feel should be changed.
- ☐ 2. Today I will put away my stuff before bedtime.
- ☐ 3. Today I will compliment a member of my family for doing something well.

☐ Or this goal: _____



DAY
10

Goals for Family Members

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**Pleasant memories are made
when we meet the needs of others.**

Everyone has some activities that they enjoy. The activity can be playing a game, watching a TV show, or going for a walk. Think about the members of your family. What activities do they enjoy?

List a family member's favorite activity you enjoyed doing with them.

**Ask God to help you
find an activity a member of
your family enjoys.**

**Everyone should be quick
to listen, slow to speak
and slow to become angry.**

James (James 1:19b, NIV)

Every home has rules. As a person gets older, some rules can change. Bedtimes and curfew times are rules that change with time. Talking to parents about these rules helps your parents understand how you feel even if the time is not changed right away. You may also want to talk about other family rules such as playtime.

Write a family rule you talked to your family about today.

**Ask God to help you talk to members
of your family about
a rule that has been bothering you.**

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DAY 10
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will ask the members of my family what they would like to do on vacation.
- ☐ 2. Today I will plan a family day with other members of the family.
- ☐ 3. Today I will praise a member of my family who has checked the family calendar before planning another activity.

☐ Or this goal: _____

DAY 10
GOALS FOR COACH
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As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

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- ☐ 1. Today I will talk calmly with my parents about changing rules I feel should be changed.
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☐ Or this goal: _____



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☐ Or this goal: _____

COMMIT TO THE LORD WHATEVER YOU DO,
AND YOUR PLANS WILL SUCCEED.

Solomon (Proverbs 16:3, NIV)

Leisuretime can be a valuable asset. Planning family time with other family members will help teach children the importance of using their time wisely. Family time is often neglected because it is not seen as a valid family asset.

How did reaching your goal today help your family with leisuretime? List things your family would like to do for vacation.

THANK GOD
FOR YOUR FAMILY TIME.

Everyone should be quick
to listen, slow to speak
and slow to become angry.

James (James 1:19b, NIV)

Every home has rules. As a person gets older, some rules can change. Bedtimes and curfew times are rules that change with time. Talking to parents about these rules helps your parents understand how you feel even if the time is not changed right away. You may also want to talk about other family rules such as playtime.

Write a family rule you talked to your family about today.

**Ask God to help you talk to members
of your family about
a rule that has been bothering you.**

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DAY 11
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

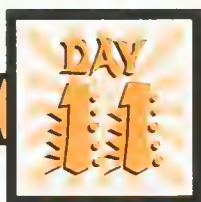
- ☐ 1. Today I will remind members of the family to check the family calendar before making other plans.
- ☐ 2. Today I will read my Bible so I will have a positive attitude.
- ☐ 3. Today I will praise a member of my family for reading his Bible.
- ☐ Or this goal: _____

DAY 11
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

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- ☐ 3. Today I will praise a member of my family for reading his Bible.
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Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will talk calmly with my parents about rules I feel should be changed.
- ☐ 2. Today I will help a member of my family do a chore.
- ☐ 3. Today I will remember to say thank you when a member of my family helps me.
- ☐ Or this goal: _____



Goals for Family Members

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IN THE MORNING, O LORD, YOU HEAR
MY VOICE; IN THE MORNING
I LAY MY REQUESTS BEFORE YOU AND WAIT
IN EXPECTATION.

David (Psalm 5:3, NIV)

Lack of self-control often can be seen by the way people treat the Bible. Daily Bible reading must be a valued, scheduled activity. A definite time and place create an atmosphere of expectation.

Were you filled with anticipation as you looked forward to reading your Bible today?

Write the time and place you had your Bible reading today.

THANK GOD FOR
THE TIME YOU GET TO SPEND
READING YOUR BIBLE.

**Who passed the ball
to you when you scored?**

Unknown

Family members help one another every day. Someone has to cook, clean, or make enough money to provide for the family. Think about what the members of your family do for you. We forget to say thank you for many things.

Write ways members of your family helped you today.

**Thank God for the members
of your family who help you and
do things for you.**

IN THE MORNING, O LORD, YOU HEAR
MY VOICE; IN THE MORNING
I LAY MY REQUESTS BEFORE YOU AND WAIT
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Write ways members of your family helped you today.

**Thank God for the members
of your family who help you and
do things for you.**



DAY

11

Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will talk calmly with my parents about rules I feel should be changed.
- ☐ 2. Today I will help a member of my family do a chore.
- ☐ 3. Today I will remember to say thank you when a member of my family helps me.

☐ Or this goal: _____



DAY

11

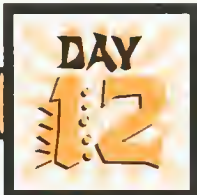
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DAY

12

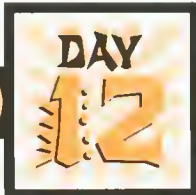
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- ☐ 1. Today I will make a schedule for my day.
- ☐ 2. Today I will tell a member of my family something I like about him.
- ☐ 3. Today I will be cheerful with other members of my family.

☐ Or this goal: _____



DAY

12

Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

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**Who passed the ball
to you when you scored?**

Unknown

Family members help one another every day. Someone has to cook, clean, or make enough money to provide for the family. Think about what the members of your family do for you. We forget to say thank you for many things.

Write ways members of your family helped you today.

**Thank God for the members
of your family who help you and
do things for you.**

**Happiness makes a
person smile.**

David (Proverbs 15:13a, NCV)

Would you rather be around a cheerful person or a grouch?

Cheerfulness is a choice. We decide to be happy. Cheerful people are more pleasant to be with. You can help members of your family be more cheerful by talking about the things they do well.

List the people in your family you encouraged with cheerful words today.

**Thank God for
something you are glad about.**

**Who passed the ball
to you when you scored?**

Unknown

Family members help one another every day. Someone has to cook, clean, or make enough money to provide for the family. Think about what the members of your family do for you. We forget to say thank you for many things.

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List the people in your family you encouraged with cheerful words today.

**Thank God for
something you are glad about.**

DAY 12
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will plan my schedule with my family in mind.
- ☐ 2. Today I will follow a healthy meal plan to be a good example for my family.
- ☐ 3. Today I will praise a member of my family for choosing healthy snacks.

☐ Or this goal: _____

DAY 12
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

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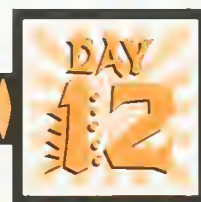
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- ☐ 1. Today I will make a schedule for my day.
- ☐ 2. Today I will tell a member of my family something I like about him.
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☐ Or this goal: _____



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- ☐ 3. Today I will be cheerful with other members of my family.

☐ Or this goal: _____

STOP SHORT OF YOUR APPETITE,
EAT LESS THAN YOU ARE ABLE.

Ovid

A major part of one's schedule involves eating. Healthy meal plans and snacks do not just happen. The way we eat becomes a habit.

Have you chosen to model self-control as you teach other family members the value of healthy eating?

List healthy food choices you made today.

STOP SHORT OF YOUR APPETITE;
EAT LESS THAN YOU ARE ABLE.

Ovid

A major part of one's schedule involves eating. Healthy meal plans and snacks do not just happen. The way we eat becomes a habit.

Have you chosen to model self-control as you teach other family members the value of healthy eating?

List healthy food choices you made today.

PRAY THAT GOD WILL
HELP YOU MODEL SELF-CONTROL
IN YOUR EATING HABITS.

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HELP YOU MODEL SELF-CONTROL
IN YOUR EATING HABITS.

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List the people in your family you encouraged with cheerful words today.

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something you are glad about.**

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GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will make plans with my family and come home early from work to have family time.
- ☐ 2. Today I will have a quiet time before greeting other members of my family.
- ☐ 3. Today I will praise a member of my family for a wise choice she has made.

☐ Or this goal: _____

DAY 13
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(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will show my day's schedule to another member of my family.
- ☐ 2. Today I will thank another member of my family for helping me with my school work.
- ☐ 3. Today I will praise my brother or sister for being kind to me.

☐ Or this goal: _____



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VERY EARLY IN THE MORNING,
WHILE IT WAS STILL DARK, JESUS GOT UP,
LEFT THE HOUSE AND WENT OFF
TO A SOLITARY PLACE, WHERE HE PRAYED.

Mark (Mark 1:35, NIV)

Interaction with other family members can bring out your best or worst. One way to begin developing positive interaction with family members is to schedule a daily quiet time. The way you interact with God is sometimes reflected in how you treat family members.

Do you spend enough time with God to treat family members as valued loved ones?

Make a note of the time and place you had your quiet time today.

THANK GOD THAT YOU GET
TO SPEND TIME WITH HIM TODAY.

**So prepare your minds
for service and have self-control.**

Peter (1 Peter 1:13, NCV)

A schedule will help you remember to do all the things you need to do. Parents and other family members can help you list the important activities in your day. You can talk to another member of the family about your schedule.

List the names of the people you thanked for helping you with your schedule today.

**Ask God to give you time to
talk to a member of
your family about your schedule.**

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- ☐ 1. Today I will do my chores without being reminded.
- ☐ 2. Today I will play a game with my sister or brother.
- ☐ 3. Today I will say, "I love you," to a member of my family.

☐ Or this goal: _____



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List the names of the people you thanked for helping you with your schedule today.

**Ask God to give you time to
talk to a member of
your family about your schedule.**

**Whatever work you do,
do your best.**

Solomon (Ecclesiastes 9:10a, NCV)

Doing your best means taking care of chores without being reminded. Doing them without reminders is a sign that you are growing up. It means that you are developing self-control over this part of your life.

Taking care of your chores on your own cuts out nagging from your parents. It also makes you feel good about yourself.

List the chores you did today without being reminded. How do you feel about getting them done?

**Pray that you can
remember to do your chores well.**

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DAY 14
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will talk to the family about TV shows I want to see.
- ☐ 2. Today I will put gas in the car for the next person who uses the car.
- ☐ 3. Today I will thank a member of my family for making a schedule with the family in mind.

☐ Or this goal: _____

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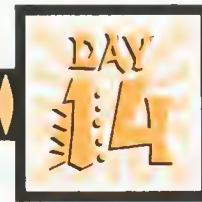
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☐ Or this goal: _____

IF YOU DON'T THINK COOPERATION
IS NECESSARY, WATCH WHAT HAPPENS TO A
WAGON IF ONE WHEEL COMES OFF.

Unknown

Communication provides the highway to understanding. Many times our feelings are hurt because we did not communicate our desires to family members. Good choices are directly related to communication about scheduling time, watching TV, or using the car.

Did you clearly communicate your expectations to your family today?

Write ways you helped your family communicate their expectations.

ASK GOD TO HELP YOU
SPEAK CLEARLY
AS YOU COMMUNICATE WITH
MEMBERS OF YOUR FAMILY.

**Whatever work you do,
do your best.**

Solomon (Ecclesiastes 9:10a, NCV)

Doing your best means taking care of chores without being reminded. Doing them without reminders is a sign that you are growing up. It means that you are developing self-control over this part of your life.

Taking care of your chores on your own cuts out nagging from your parents. It also makes you feel good about yourself.

List the chores you did today without being reminded. How do you feel about getting them done?

**Pray that you can
remember to do your chores well.**

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DAY 15
GOALS FOR COACH
(I am a model.)

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Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will tell a member of the family something she did well.
- ☐ 2. Today I will answer cross words with kind words.
- ☐ 3. Today I will praise a member of my family for being ready for school on time.

☐ Or this goal: _____

DAY 15
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(I am a model.)

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will go to bed at a scheduled time.
- ☐ 2. Today I will let another family member choose the TV show.
- ☐ 3. Today I say something nice about my brother or sister to his or her friends.

☐ Or this goal: _____



Goals for Family Members

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☐ Or this goal: _____

A WISE MAN'S HEART GUIDES HIS MOUTH,
AND HIS TIPS PROMOTE INSTRUCTION.

Solomon (Proverbs 16:23, NIV)

One area of self-control is avoiding conflict. Words or the tone of your voice can make a situation better. Controlling your words must be practiced each day. Praise, kind words, and encouragement—even when you would like to say something else—is a way of choosing to do the right thing.

Write ways reaching your goal today helped avoid conflict.

ASK GOD TO HELP YOU CHOOSE
TO DO THE RIGHT THINGS.

**Repeating behavior creates habits.
And habits create character.**

Dr. William Mitchell

Many things have to be done at a certain time. A habit is a pattern for doing things. If you begin having a pattern of going to bed at the scheduled time or being nice to a member of your family, the habit becomes easier over time.

Write something good you did today at a certain time that is becoming a habit.

**Ask God to help you develop
good habits.**

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**Ask God to help you develop
good habits.**



DAY
15

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DAY
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☐ Or this goal: _____



DAY
16

Goals for Family Members

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will talk to my parents about when to do my important stuff.
- ☐ 2. Today I will leave the bathroom in order after getting ready.
- ☐ 3. Today I will thank a member of my family for helping me pick up my toys or clothes.

☐ Or this goal: _____

DAY
16

Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

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Write something good you did today at a certain time that is becoming a habit.

**Ask God to help you develop
good habits.**

**Picking up your dirty clothes off
the bathroom floor
is a way to show you care.**

Few things can cause more problems in a family than for someone to leave the bathroom messy. Leaving dirty clothes and towels on the floor, the cap off the toothpaste, or the tub dirty makes others in your family think you don't care about them.

How did reaching your goal today help show that you cared about others in your family?

What can you do each day to build good habits in leaving the bathroom neat?

**Pray that you will
be able to continue putting your
stuff in its place.**

Repeating behavior creates habits.

And habits create character.

Dr. William Mitchell

Many things have to be done at a certain time. A habit is a pattern for doing things. If you begin having a pattern of going to bed at the scheduled time or being nice to a member of your family, the habit becomes easier over time.

Write something good you did today at a certain time that is becoming a habit.

**Ask God to help you develop
good habits.**

**Picking up your dirty clothes off
the bathroom floor
is a way to show you care.**

Few things can cause more problems in a family than for someone to leave the bathroom messy. Leaving dirty clothes and towels on the floor, the cap off the toothpaste, or the tub dirty makes others in your family think you don't care about them.

How did reaching your goal today help show that you cared about others in your family?

What can you do each day to build good habits in leaving the bathroom neat?

**Pray that you will
be able to continue putting your
stuff in its place.**

DAY 16
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will not take telephone calls during mealtime.
- ☐ 2. Today I will get up before anyone else and have calm music playing as others awaken.
- ☐ 3. Today I will say a word of praise when a member of the family completes something important to him.

☐ Or this goal: _____

DAY 16
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

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Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will talk to my parents about when to do my important stuff.
- ☐ 2. Today I will leave the bathroom in order after getting ready.
- ☐ 3. Today I will thank a member of my family for helping me pick up my toys or clothes.

☐ Or this goal: _____



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A PARENT'S LOVE COMES
TO THE FOREFRONT IS THE BEST THING THAT
A PARENT CAN GIVE A CHILD.

Dr. William Mitchell

Family meal times are important times for you to show you care for your family. By turning off the telephone you help preserve this time together.

Each night use meal times to find out how your family's day has been. Listen as they share their joys and disappointments. Be careful that meal time does not become a time to criticize. Instead encourage each one.

How did reaching your goal today help your family's relationships? Write ways you paid attention to members of your family today.

THANK GOD FOR
FAMILY TIMES TOGETHER.

**Picking up your dirty clothes off
the bathroom floor
is a way to show you care.**

Few things can cause more problems in a family than for someone to leave the bathroom messy. Leaving dirty clothes and towels on the floor, the cap off the toothpaste, or the tub dirty makes others in your family think you don't care about them.

How did reaching your goal today help show that you cared about others in your family?

What can you do each day to build good habits in leaving the bathroom neat?

**Pray that you will
be able to continue putting your
stuff in its place.**

A PARENT'S LOVING AND
CLOSE PRESENCE IS THE BEST THING THAT
A PARENT CAN GIVE A CHILD.

Dr. William Mitchell

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DAY 17
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(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

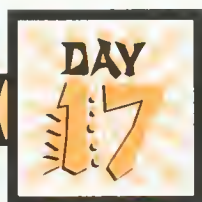
- ☐ 1. Today I will go to bed at a reasonable time.
- ☐ 2. Today I will stick to a task I do not enjoy until it is completed.
- ☐ 3. Today I will praise a member of my family for continuing with a difficult task.
- ☐ Or this goal: _____

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(I am a model.)

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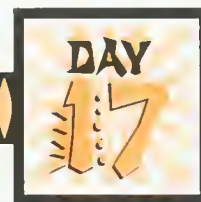


Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will do my homework or chores before I do what I want to do.
- ☐ 2. Today I will help clean up the breakfast dishes before leaving the house.
- ☐ 3. Today I will thank a member of my family for helping me with my homework or chores.
- ☐ Or this goal: _____



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- ☐ Or this goal: _____

EARLY TO BED AND EARLY TO RISE,
MAKES A MAN
HEALTHY, WEALTHY, AND WISE.

Benjamin Franklin

Self-control encompasses all areas of your life, including how you treat your body. If you do not get enough rest, you are not able to stick to tasks which need your attention. Lack of sleep can also cause you to be grouchy. Your ability to do tasks and to be nice to other family members frequently depends on your sleep patterns.

How did going to bed at a reasonable time make your day go more smoothly? What do you need to do in order to develop the habit of going to bed at a reasonable time each night?

ASK GOD TO HELP YOU
MODEL GOOD SLEEPING HABITS FOR
MEMBERS OF YOUR FAMILY.

**Do everything
without complaining or arguing.**

Paul (Philippians 2:14, NIV)

No one likes to do homework. But getting it done without complaining and on time is an important habit to have.

Setting a time each day to do homework, scheduling work on a book report or term paper, or helping other family members with their homework will create more pleasant times for everyone.

How was your schedule today? Write a plan for doing your homework each day.

**Pray that you will do your homework
at the scheduled time.**

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DAY
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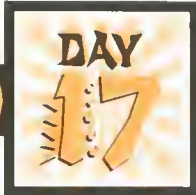
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DAY
17

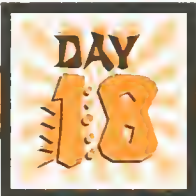
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DAY
18

Goals for Family Members

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. This morning I will make my bed before leaving the house.
- ☐ 2. Today I will do a chore, such as feed my pet, at the scheduled time.
- ☐ 3. Today I will tell a member of my family he is important to me.

☐ Or this goal: _____



DAY
18

Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

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No one likes to do homework. But getting it done without complaining and on time is an important habit to have.

Setting a time each day to do homework, scheduling work on a book report or term paper, or helping other family members with their homework will create more pleasant times for everyone.

How was your schedule today? Write a plan for doing your homework each day.

**Pray that you will do your homework
at the scheduled time.**

**If you don't think cooperation
is necessary,
watch what happens to a wagon
if one wheel comes off.**

Unknown

Chores are a fact of life. Some chores have to be done every day. Feeding your pet or making your bed are daily chores. If you don't do the chores, someone else will have to. Many times doing these chores without being told can help other family members do the things that they need to do.

List chores you did today without being reminded. How did it make you feel to get them done? How did others act when you did them?

**Ask God to help you to
do your chores without a reminder.**

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Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will do a task I have been putting off.
- ☐ 2. Today I will help a member of my family make a to do list for a school project.
- ☐ 3. Today I will praise a member of my family for continuing a team sport when it becomes hard.

☐ Or this goal: _____

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TODAY'S PREPARATION DETERMINES
TOMORROW'S ACHIEVEMENT.

Unknown

Working on a task which is not our favorite or has become burdensome may cause us to want to quit. Modeling self-control by continuing can help children and teens enjoy the rewards of following through. Many times continuing an unpleasant task to its finish can mean success as other family members decide to complete their tasks, also.

Write a project you completed today that you have been putting off. How did finishing it make you feel?

THANK GOD FOR
THE TASKS HE HAS GIVEN YOU.

**If you don't think cooperation
is necessary,
watch what happens to a wagon
if one wheel comes off.**

Unknown

Chores are a fact of life. Some chores have to be done every day. Feeding your pet or making your bed are daily chores. If you don't do the chores, someone else will have to. Many times doing these chores without being told can help other family members do the things that they need to do.

List chores you did today without being reminded. How did it make you feel to get them done? How did others act when you did them?

**Ask God to help you to
do your chores without a reminder.**

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List chores you did today without being reminded. How did it make you feel to get them done? How did others act when you did them?

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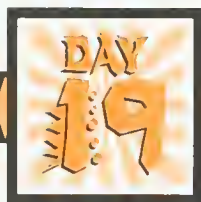
- ☐ 1. Today I will get up when the alarm goes off.
- ☐ 2. Today I will be sure each member of the family has an alarm clock.
- ☐ 3. Today I will praise a member of the family who gets up with her alarm.
- ☐ Or this goal: _____

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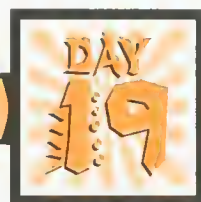


Goals for Family Members

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will stick to a hard chore until it's finished.
- ☐ 2. Today I will help a member of my family with a chore.
- ☐ 3. Today I will tell a member of my family why I love him.
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ARE YOU GETTING UP
ON TIME?
CAN YOU MAKE IT TO THE OFFICE?

Mikey Oldham

Everyone has the same amount of time.
How we spend that time relates directly to
our self-control. A basic area of self-control
in everyone's life is getting up on time.
Much stress can be avoided when you have
enough time to prepare for your day. Are
you modeling good behavior in this area?
Have you taught your children that getting
up on time is a positive experience?

List one positive thing you discovered today
about getting up when your alarm went off.

ARE YOU GETTING UP?
GETTING UP ON TIME
CAN MAKE THE DIFFERENCE

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List one positive thing you discovered today
about getting up when your alarm went off.

PRAY THAT MEMBERS OF
YOUR FAMILY WILL
SEE YOUR POSITIVE ATTITUDE AS
YOU GET UP ON TIME.

**Let us think about each other
and help each other to
show love and do good deeds.**

(Hebrews 10:24, NCV)

All of us want those in our family to love us.
Sadly, we do not tell them often enough
that we love them. Think about why you love
your family members.

How did telling someone in your family
that you love him make him feel? How did
it make you feel? List things you like about
each person in your family.

**Thank God for each person
in your family.**

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DAY
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DAY
20

Goals for Family Members

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will get my stuff ready early.
- ☐ 2. Today I will practice to be ready for a performance.
- ☐ 3. Today I will praise a member of my family for being on time.

☐ Or this goal: _____

DAY
20

Goals for Family Members

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show love and do good deeds.**

(Hebrews 10:24, NCV)

All of us want those in our family to love us. Sadly, we do not tell them often enough that we love them. Think about why you love your family members.

How did telling someone in your family that you love him make him feel? How did it make you feel? List things you like about each person in your family.

**Thank God for each person
in your family.**

**Procrastination is the
thief of time.**

Edward Young

Procrastination means putting things off. Getting ready for an activity takes time. Often you do not allow enough time when you are getting ready for school or practicing for a performance.

Other family members can help you schedule your time. Talk to a family member about how long your preparation time should be.

Write the names of family members you thanked for helping you plan.

**Ask God to help you
follow through on getting ready.**

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(I am a model.)

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Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will be ready early.
- ☐ 2. Today I will help a member of my family get ready.
- ☐ 3. Today I will praise a member of my family for being ready on time.
- ☐ Or this goal: _____

DAY 20
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will be ready early.
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- ☐ 3. Today I will praise a member of my family for being ready on time.
- ☐ Or this goal: _____



Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will get my stuff ready early.
- ☐ 2. Today I will practice to be ready for a performance.
- ☐ 3. Today I will praise a member of my family for being on time.
- ☐ Or this goal: _____



Goals for Family Members

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- ☐ 2. Today I will practice to be ready for a performance.
- ☐ 3. Today I will praise a member of my family for being on time.
- ☐ Or this goal: _____

PEOPLE COUNT ON THE FAITHFUL OF THOSE
WHO KEEP THEM WAITING.

French saying

Keeping others waiting is a major point of stress in many families. Family members who are waiting become angry and resentful because their time has been wasted. Have you been guilty of squandering another family member's time?

How did reaching your goal today help you or your family be on time?

Write one way you helped a member of the family get ready on time today.

ASK GOD TO KEEP YOU
FROM SQUANDERING
FAMILY MEMBERS' TIME.

**Procrastination is the
thief of time.**

Edward Young

Procrastination means putting things off. Getting ready for an activity takes time. Often you do not allow enough time when you are getting ready for school or practicing for a performance.

Other family members can help you schedule your time. Talk to a family member about how long your preparation time should be.

Write the names of family members you thanked for helping you plan.

**Ask God to help you
follow through on getting ready.**

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WHO KEEP THEM WAITING.

French saying

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Write the names of family members you thanked for helping you plan.

**Ask God to help you
follow through on getting ready.**

DAY 21
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will give my full attention to a family member when he talks to me about something he thinks is important.
- ☐ 2. Today I will talk with my children about the dangers of taking illegal drugs.
- ☐ 3. Today I will praise a member of my family for taking care of his stuff.

☐ Or this goal: _____

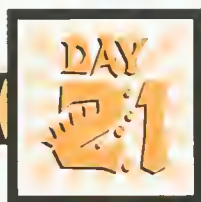
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GOALS FOR COACH
(I am a model.)

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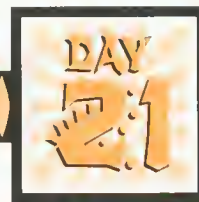
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- ☐ 1. Today I will read my Bible.
- ☐ 2. Today I will limit my telephone or TV time.
- ☐ 3. Today I will thank whoever made dinner.

☐ Or this goal: _____



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I PRAY EACH DAY THAT I MAY BE MADE
STRONG ENOUGH NOT TO HURT ANYBODY

Acharya

Words can be a source of happiness or pain. We should accept responsibility for what we say and how we say it. We should create a climate where we can speak to one another about important things such as drugs, friendships, or activities. A home with a safe environment for discussion creates a sense of well-being.

How are your words shaping your family life?

List one thing you discussed with someone in your family today that he felt was an important issue.

ASK GOD FOR SAFE, OPEN
COMMUNICATION FOR
MEMBERS OF YOUR FAMILY.

**Those who do not control
themselves are like a city whose
walls are broken down.**

Solomon (Proverbs 25:28, NCV)

Each day has only 24 hours. You may not even know how much time you spend doing things such as talking on the telephone or watching TV. Choosing to control your time is much better than having someone else tell you what to do.

List the amount of time you spent using the phone or watching TV today.

**Ask God to help you control
the time you talk
on the telephone or watch TV.**

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STRONG ENOUGH NOT TO HURT ANYBODY

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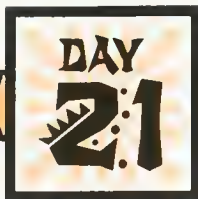
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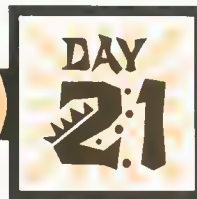
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- ☐ 1. Today I will admit when I am wrong.
- ☐ 2. Today I will brush my teeth before going to bed.
- ☐ 3. Today I will tell a member of my family I am happy I live here.

☐ Or this goal: _____



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List the amount of time you spent using the phone or watching TV today.

**Ask God to help you control
the time you talk
on the telephone or watch TV.**

Live in the right way,
serve God, have faith, love, patience,
and gentleness.

Paul (1 Timothy 6:11b, NCV)

Habits are formed by choices we make. One choice that people make is to tell the truth. Another is to admit when we are wrong. Both choices will help a person feel better about herself.

How do you feel when you make the right choice?

Write some good choices you made today.

**Pray that when you
do something wrong, you will agree
quickly that you made a mistake.**

Those who do not control
themselves are like a city whose
walls are broken down.

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Each day has only 24 hours. You may not even know how much time you spend doing things such as talking on the telephone or watching TV. Choosing to control your time is much better than having someone else tell you what to do.

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DAY 22
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will plan a leisuretime activity with my family.
- ☐ 2. Today I will look at a family photo album with a member of my family.
- ☐ 3. Today I will praise a member of my family when he takes care of his own needs.
- ☐ Or this goal: _____

DAY 22
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

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- ☐ Or this goal: _____

SO ENCOURAGE EACH OTHER
AND GIVE EACH OTHER STRENGTH

Paul (1Thessalonians 5:11, NCV)

Family members need to feel that they are a valued part of the family unit. One way to do that is to encourage leisuretime together. Leisuretime frequently must be planned in our society because families are so busy. Yet spending leisuretime together bonds the worth of family members by saying, *I want to spend time with you.*

Make a note of ways members of your family would like to spend their leisuretime.

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Make a note of ways members of your family would like to spend their leisuretime.

ASK GOD TO GUIDE YOU
AS YOU PLAN
LEISURETIME WITH YOUR FAMILY.

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**Live in the right way,
serve God, have faith, love, patience,
and gentleness.**

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Habits are formed by choices we make. One choice that people make is to tell the truth. Another is to admit when we are wrong. Both choices will help a person feel better about herself.

How do you feel when you make the right choice?

Write some good choices you made today.

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DAY 23

GOALS FOR COACH

(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will help a member of my family set a time for homework.
- ☐ 2. Today I will memorize a Bible verse.
- ☐ 3. Today I will praise a member of my family for making a good choice.

☐ Or this goal: _____

DAY 23

GOALS FOR COACH

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will do my homework before I do what I want to do.
- ☐ 2. Today I will do what I say I will do.
- ☐ 3. Today I will think of a kind thing to say to each member of my family.

☐ Or this goal: _____



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ENCOURAGEMENT
OXYGEN TO THE SOUL

George M. Adams

Reinforcement is a very powerful tool. Family members need to know that you recognize their efforts. Positive reinforcement helps family members feel good about the things they are attempting.

Success is not always defined as finishing a task or doing well. Success is sometimes trying it again, attempting something new, or just doing your best.

Record one way you encouraged a member of your family today.

PRAY THAT GOD WILL
SHOW YOU WAYS
TO ENCOURAGE MEMBERS OF
YOUR FAMILY TODAY.

**An honest man's word is as
good as his bond.**

George Lillo

Have you ever had someone tell you that they would do something and then not do it? How did that make you feel? Do you do the things you promise to do?

Doing what you say you will do is very important. Your family needs to be able to depend on you.

How did reaching your goal today show those in your family that you can be trusted? List the things you said you would do today that you did.

**Ask God to help you
do the things you say you will do.**

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DAY
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DAY
24

Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will choose to use kind actions when a member of my family is mean.
- ☐ 2. Today I will finish a project I have started.
- ☐ 3. Today I will praise a member of my family for doing a least favorite chore.

☐ Or this goal: _____

DAY
24

Goals for Family Members

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**Ask God to help you
do the things you say you will do.**

**Ask God to help you
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**Never leave that till tomorrow
which you can do today.**

Benjamin Franklin

School projects such as book reports, term papers, or science projects take planning. You cannot wait until the last minute and do well on them.

You will do your best work if you start early and do some each day or each week. Allow time for rewriting and polishing. Avoid that last-minute panic. How do you feel when you get a project done early?

List a major project you worked on today. Have you allowed enough time to get it completed early or on time?

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List a major project you worked on today. Have you allowed enough time to get it completed early or on time?

**Pray that you can complete
your projects early or on time.**

**Pray that you can complete
your projects early or on time.**

DAY 24
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will act happy even if I feel bad.
- ☐ 2. Today I will help a member of my family with a chore she does not like.
- ☐ 3. Today I will thank a member of my family for helping with a chore.
- ☐ Or this goal: _____

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I HAVE SET YOU AN EXAMPLE
THAT YOU SHOULD
DO AS I HAVE DONE FOR YOU.

Jesus (John 13:15, NIV)

Appropriate words and action are important for harmony within the family. Words and actions are learned behaviors. Modeling is a great way to teach children the right words to say and the correct things to do.

What kind of words and actions did you model today?

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Appropriate words and action are important for harmony within the family. Words and actions are learned behaviors. Modeling is a great way to teach children the right words to say and the correct things to do.

What kind of words and actions did you model today?

THANK GOD FOR HIS EXAMPLE
AS YOU TEACH
YOUR CHILDREN CORRECT
WORDS AND ACTIONS.

THANK GOD FOR HIS EXAMPLE
AS YOU TEACH
YOUR CHILDREN CORRECT
WORDS AND ACTIONS.

**Never leave that till tomorrow
which you can do today.**

Benjamin Franklin

School projects such as book reports, term papers, or science projects take planning. You cannot wait until the last minute and do well on them.

You will do your best work if you start early and do some each day or each week. Allow time for rewriting and polishing. Avoid that last-minute panic. How do you feel when you get a project done early?

List a major project you worked on today. Have you allowed enough time to get it completed early or on time?

**Pray that you can complete
your projects early or on time.**

**Never leave that till tomorrow
which you can do today.**

Benjamin Franklin

School projects such as book reports, term papers, or science projects take planning. You cannot wait until the last minute and do well on them.

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List a major project you worked on today. Have you allowed enough time to get it completed early or on time?

**Pray that you can complete
your projects early or on time.**

DAY 25
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will talk to my children about standing firm in what they believe.
- ☐ 2. Today I will show a member of my family how to do a new chore.
- ☐ 3. Today I will praise a member of my family as he completes a new chore.

☐ Or this goal: _____

DAY 25
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

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- ☐ 3. Today I will praise a member of my family as he completes a new chore.

☐ Or this goal: _____



Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will clean my room.
- ☐ 2. Today I will work on a project that takes time to complete.
- ☐ 3. Today I will thank another member of my family for helping me put away my toys or clothes.

☐ Or this goal: _____



Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

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☐ Or this goal: _____

ASSIGNING SIMPLE TASKS TO
YOUNG CHILDREN BUILDS THE FOUNDATION
FOR WILLINGNESS TO DO
ASSIGNED WORK WELL IN THE FUTURE.

Many things need to be done around the house to help it run smoothly. Chores are a way to divide the tasks that need to be done. Chores help children become more responsible and feel they make a contribution to family life. Praise and positive reinforcement help family members know that you appreciate their help.

List a chore you showed a member of the family how to do correctly today.

PRAY THAT YOU WILL BE AWARE OF
WAYS TO SAY THANK YOU
TO MEMBERS OF YOUR FAMILY.

ASSIGNING SIMPLE TASKS TO
YOUNG CHILDREN BUILDS THE FOUNDATION
FOR WILLINGNESS TO DO
ASSIGNED WORK WELL IN THE FUTURE.

Many things need to be done around the house to help it run smoothly. Chores are a way to divide the tasks that need to be done. Chores help children become more responsible and feel they make a contribution to family life. Praise and positive reinforcement help family members know that you appreciate their help.

List a chore you showed a member of the family how to do correctly today.

PRAY THAT YOU WILL BE AWARE OF
WAYS TO SAY THANK YOU
TO MEMBERS OF YOUR FAMILY.

**Cleaning your room is more than
stuffing things in
your closets or under your bed!**

Mikey Oldham

Clean your room! Are those words you hear often from those in your family?

Keeping your room clean takes a lot of self-control. You have to work on it every day. Things like putting dirty clothes in a hamper, hanging up clean clothes, putting toys away each day, making your bed, and keeping papers neat all are part of having a clean room. A clean room also helps you find your things easily.

List ways you cleaned your room today.

**Ask God to help you to remember to
clean your room each day.**

**Cleaning your room is more than
stuffing things in
your closets or under your bed!**

Mikey Oldham

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Keeping your room clean takes a lot of self-control. You have to work on it every day. Things like putting dirty clothes in a hamper, hanging up clean clothes, putting toys away each day, making your bed, and keeping papers neat all are part of having a clean room. A clean room also helps you find your things easily.

List ways you cleaned your room today.

**Ask God to help you to remember to
clean your room each day.**



DAY
25

Goals for Family Members

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will clean my room.
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DAY
25

Goals for Family Members

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- ☐ 1. Today I will clean my room.
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☐ Or this goal: _____



DAY
26

Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. This morning I will be ready to leave the house on time.
- ☐ 2. Today I will let another member of my family choose the TV show.
- ☐ 3. Today I will say, "I love you," to a member of my family.

☐ Or this goal: _____



DAY
26

Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. This morning I will be ready to leave the house on time.
- ☐ 2. Today I will let another member of my family choose the TV show.
- ☐ 3. Today I will say, "I love you," to a member of my family.

☐ Or this goal: _____

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your closets or under your bed!**

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Clean your room! Are those words you hear often from those in your family?

Keeping your room clean takes a lot of self-control. You have to work on it every day. Things like putting dirty clothes in a hamper, hanging up clean clothes, putting toys away each day, making your bed, and keeping papers neat all are part of having a clean room. A clean room also helps you find your things easily.

List ways you cleaned your room today.

**Ask God to help you to remember to
clean your room each day.**

**I thank my God every time
I remember you, always praying with
joy for all of you.**

Paul (Philippians 1:3-4, NCV)

Telling family members that you love them is a wonderful activity. A special time is shared. It may not be easy for you to tell members of your family thank you or that you love them, but it is worth the practice. The more you say, "I love you," the easier it becomes.

Write the names of family members you told that you loved them.

**Thank God for
each member of your family.**

**Cleaning your room is more than
stuffing things in
your closets or under your bed!**

Mikey Oldham

Clean your room! Are those words you hear often from those in your family?

Keeping your room clean takes a lot of self-control. You have to work on it every day. Things like putting dirty clothes in a hamper, hanging up clean clothes, putting toys away each day, making your bed, and keeping papers neat all are part of having a clean room. A clean room also helps you find your things easily.

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Write the names of family members you told that you loved them.

**Thank God for
each member of your family.**

DAY 26
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will listen to a positive affirmation or Christian music tape on my way home from work.
- ☐ 2. Today I will show a member of my family how to do a new chore.
- ☐ 3. Today I will hug a member of my family.

☐ Or this goal: _____

DAY 26
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

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Goals for Family Members

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- ☐ 1. This morning I will be ready to leave the house on time.
- ☐ 2. Today I will let another member of my family choose the TV show.
- ☐ 3. Today I will say, "I love you," to a member of my family.

☐ Or this goal: _____



Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. This morning I will be ready to leave the house on time.
- ☐ 2. Today I will let another member of my family choose the TV show.
- ☐ 3. Today I will say, "I love you," to a member of my family.

☐ Or this goal: _____

ENCOURAGEMENT IS THE PROCESS OF
HELPING SOMEONE BELIEVE IN
HIMSELF, HIS ABILITIES, AND HIS POTENTIAL.
Dr. William Mitchell

Everyone needs encouragement—even you!
As you encourage those in your family,
you also need to find ways to be encouraged.

What are some ways you gain encourage-
ment? How did reaching your goal today help
you feel encouraged?

Write ways in which you can continue to
find encouragement.

ASK GOD TO
HELP YOU FEEL ENCOURAGED.

**I thank my God every time
I remember you, always praying with
joy for all of you.**

Paul (Philippians 1:3-4, NCV)

Telling family members that you love them is
a wonderful activity. A special time is shared.
It may not be easy for you to tell members of
your family thank you or that you love them,
but it is worth the practice. The more you
say, “I love you,” the easier it becomes.

Write the names of family members you
told that you loved them.

**Thank God for
each member of your family.**

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HELPING SOMEONE BELIEVE IN
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Write the names of family members you
told that you loved them.

**Thank God for
each member of your family.**

DAY 27
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will choose to be happy even when my idea is not readily accepted.
- ☐ 2. Today I will give clear instructions when assigning a family task.
- ☐ 3. Today I will thank a member of my family for her smile.

☐ Or this goal: _____

DAY 27
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will choose to be happy even when my idea is not readily accepted.
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☐ Or this goal: _____



Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will answer when a member of my family speaks to me.
- ☐ 2. Today I will walk away when a member of my family says unkind things about another member of the family.
- ☐ 3. Today I will compliment a member of my family for doing something well.

☐ Or this goal: _____



Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

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☐ Or this goal: _____

GODLINESS WITH CONTENTMENT
IS GREAT GAIN.

Paul (1 Timothy 6:6, NIV)

Frequently it is difficult to react positively when your ideas are not accepted. Children need to learn that rejection of an idea is not a defeat. By modeling appropriate positive behavior, adults can help children feel good about themselves even if their ideas are not accepted.

List ways you were positive about other family members' ideas today.

GODLINESS WITH CONTENTMENT
IS GREAT GAIN.

Paul (1 Timothy 6:6, NIV)

Frequently it is difficult to react positively when your ideas are not accepted. Children need to learn that rejection of an idea is not a defeat. By modeling appropriate positive behavior, adults can help children feel good about themselves even if their ideas are not accepted.

List ways you were positive about other family members' ideas today.

ASK GOD TO HELP YOU
ACCEPT IDEAS
DIFFERENT FROM YOURS.

**Let everyone see that you
are gentle and kind.**

Paul (Philippians 4:5a, NCV)

Sometimes family members say unkind things about one another. You can choose to listen, but the best thing to do is to walk away. You can always find some positive things to say about a family member.

Write some positive things you said about members of your family today.

ASK GOD TO HELP YOU
ACCEPT IDEAS
DIFFERENT FROM YOURS.

**Let everyone see that you
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Paul (Philippians 4:5a, NCV)

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Write some positive things you said about members of your family today.

**Pray that you will always be
gentle and kind
to members of your family.**

**Pray that you will always be
gentle and kind
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Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

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- ☐ 1. This morning I will be ready to leave the house on time.
- ☐ 2. Today I will write a thank-you note for a gift I received.
- ☐ 3. Today I will tell a member of my family why she is special to God.

☐ Or this goal: _____



Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

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are gentle and kind.**

Paul (Philippians 4:5a, NCV)

Sometimes family members say unkind things about one another. You can choose to listen, but the best thing to do is to walk away. You can always find some positive things to say about a family member.

Write some positive things you said about members of your family today.

**Pray that you will always be
gentle and kind
to members of your family.**

**Set an example for
the believers in speech, in life, in love,
in faith and in purity.**

Paul (1 Timothy 4:12b, NIV)

A habit that is very important to learn is to say thank you to people. We can say thank you with words, or we can write notes. Thank-you notes are very important. When someone has given you a gift, she has taken the time to make it or to purchase it. You also can send a thank-you note for something nice someone has done for you. It is a good idea because it shows the person you appreciate her time and effort.

Write the names of someone in your family you can send a thank-you note to.

**Thank God for members of your
family who help you.**

**Let everyone see that you
are gentle and kind.**

Paul (Philippians 4:5a, NCV)

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Write the names of someone in your family you can send a thank-you note to.

**Thank God for members of your
family who help you.**

DAY 28
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will check the family calendar to remind myself of family plans.
- ☐ 2. Today I will surprise a member of my family with a treat after sports or music practice.
- ☐ 3. Today I will praise a member of my family who has an extra task or practice.

☐ Or this goal: _____

DAY 28
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

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Goals for Family Members

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. This morning I will be ready to leave the house on time.
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☐ Or this goal: _____



Goals for Family Members

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- ☐ 3. Today I will tell a member of my family why she is special to God.

☐ Or this goal: _____

LOVE IS MORE EASILY ILLUSTRATED
THAN DEFINED.

Anonymous

The activities of other family members are important. Harmony within the home can be achieved by treating others' activities as if they are as important as yours. Checking the family calendar and encouraging other family members who have extra activities will strengthen the family.

Record the ways you encouraged other members of the family who had extra activities today.

LOVE IS MORE EASILY ILLUSTRATED
THAN DEFINED.

Anonymous

The activities of other family members are important. Harmony within the home can be achieved by treating others' activities as if they are as important as yours. Checking the family calendar and encouraging other family members who have extra activities will strengthen the family.

Record the ways you encouraged other members of the family who had extra activities today.

PRAY THAT GOD WILL HELP YOU
SEE WAYS TO ENCOURAGE
MEMBERS OF YOUR FAMILY.

PRAY THAT GOD WILL HELP YOU
SEE WAYS TO ENCOURAGE
MEMBERS OF YOUR FAMILY.

**Set an example for
the believers in speech, in life, in love,
in faith and in purity.**

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A habit that is very important to learn is to say thank you to people. We can say thank you with words, or we can write notes. Thank-you notes are very important. When someone has given you a gift, she has taken the time to make it or to purchase it. You also can send a thank-you note for something nice someone has done for you. It is a good idea because it shows the person you appreciate her time and effort.

Write the names of someone in your family you can send a thank-you note to.

**Thank God for members of your
family who help you.**

**Set an example for
the believers in speech, in life, in love,
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Write the names of someone in your family you can send a thank-you note to.

**Thank God for members of your
family who help you.**

DAY 29
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will choose to be cheerful when I am tired after work.
- ☐ 2. Today I will show a member of my family how to check the oil in the car.
- ☐ 3. Today I will tell a member of my family something he does well.
- ☐ Or this goal: _____

DAY 29
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

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- ☐ Or this goal: _____



Goals for Family Members

Setting goals can help you develop good habits as your family builds toward more self-control.

Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

- ☐ 1. Today I will agree enthusiastically to help with the yardwork.
- ☐ 2. Today I will use pleasant conversation during dinner.
- ☐ 3. Today I will say, "I love you," to a member of my family.
- ☐ Or this goal: _____



Goals for Family Members

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Choose a goal for today. You may use one of the goals below. Or, you may want to write your own. You may have the same goal for several days, or you may change it each day.

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- ☐ 2. Today I will use pleasant conversation during dinner.
- ☐ 3. Today I will say, "I love you," to a member of my family.
- ☐ Or this goal: _____

A GENTLE ANSWER TURNS AWAY WRATH,
BUT A HARSH WORD STIRS UP ANGER.

Solomon (Proverbs 15:1, NIV)

Work and school can be very tiring. The way you treat family members when you are tired will determine how they will interact. You can choose to be cheerful even though you are tired. You can also interact positively with family members who are tired.

Write how you reacted to a tired member of your family today.

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PRAY THAT YOU WILL
REACT POSITIVELY
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**Many hands
make light work.**

William Patten

Some chores are big enough that several family members need to help. Yardwork can be a big chore. A positive attitude can make the job easier. Agreeing happily to help makes the job easier for everyone.

List a yard chore you did cheerfully today.

**Pray that you will
be an energetic helper for
a big chore.**

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**We first make our habits,
and then our habits make us.**

John Dryden

Your 30 days are done! During this time you have practiced different actions in self-control.

Don't stop now! Make these actions a habit in your life by continuing to do them. Remember that you need to do an action 21 times to make it a habit.

What plans did you make today to continue developing habits of self-control?

**Ask God to help you continue to
practice self-control.**

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DAY 30
GOALS FOR COACH
(I am a model.)

As a coach, you are to encourage family members. One way to encourage them is to model good habits.

Decide on a goal today. You may select one of the suggestions below, or you may wish to write your own. You may have the same goal for several days or change goals each day. Each goal should be one small step toward self-control in your family.

- ☐ 1. Today I will make plans to continue practicing self-control.
- ☐ 2. Today I will make cookies with a member of my family.
- ☐ 3. Today I will help a member of my family finish a difficult task.
- ☐ Or this goal: _____

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A CHILD MUST BE EXPOSED TO
THE PRINCIPLES OF SELF-CONTROL BEFORE
HE CAN APPLY THEM TO HIS LIFE.

Self-control can be seen when you control your temper. It can be felt when you encourage a family member who is doing a difficult task. It can be heard when calm words are used during an angry encounter. It can be understood when a family member models appropriate behavior.

During the past 30 days you have modeled many different kinds of self-control for your children. Now you and your family need to apply them to your lives. What areas do you need more work on? What plans did you make today?

THANK GOD THAT
HE GIVES YOU THE ABILITY TO
HAVE SELF-CONTROL.

**We first make our habits,
and then our habits make us.**

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CELEBRATION SUGGESTIONS

 It's time to celebrate! As your family completes each week of developing new habits of self-controlled living, you need to celebrate your success.

Talk together and plan what you can do for this celebration. Below are some suggestions, but your family should plan together. The celebration does not need to cost a lot of money. In fact, the best

celebrations are often those that cost the least. Remember that what your children value most is time with you.

Save a really special celebration for when you complete your 30 days. You have a lot to be proud of, and your family should have a really memorable time.

Make a Photo Album

Give each family member a photo album and some family photos. Let them arrange the album.

Pick Fruit or Vegetables

Visit a farm that grows fruits or vegetables members of the family enjoy.

Build a Birdhouse or Doghouse

Plan and build a birdhouse or doghouse. Decorate it together and put it in your yard.



Go on a Treasure Hunt

Hide things members of the family enjoy in the house and yard. Everyone can join in the hunt together.

Plant Flowers

Create a family flowerbed. Each member of the family can choose their favorite flower. The family can plant the flowers together.

Plan a Favorite Meal

Have one meal featuring each person's favorite food. Another possibility is to plan a meal of one color (such as green: salad, green beans, spinach pasta, lime sherbet).

Visit a Mall

Window shop at a local mall.

Have a Cookout

If the weather permits, have a cookout together. Hot dogs, hamburgers, fish—choose a menu that your family enjoys. Include a favorite dessert.

Watch a Movie

Rent a fun movie and watch it together. Add popcorn for even more fun.

Visit the Park

Visit a nearby park. Children can play on the toys. Teens can skate or play with a flying disc. Be sure that you join in.

Make and Fly a Kite

Even young children enjoy planning and decorating kites.

Play Miniature Golf

Enjoy a game of miniature golf together. Play as teams for a different approach.



Order Pizza

Children and teens love pizza. Celebrate by ordering pizza or by going to a pizza restaurant.

Visit a Nearby Attraction

Visiting places of historical interest, the zoo, museums, galleries, or other attractions in your area could be a treat for your family.

Ride Bikes

Whether it is just around your neighborhood or along a special bike trail, riding bikes together will be a fun family time.

**Have a Picnic**

Pack a lunch for a picnic at a nearby park.

Schedule a Camp-Out

Go camping together at an area near your home.

Do Something Musical

Plan a family sing-along, attend a free concert, go to the symphony in the park, attend the ballet, see a concert. Attend a play, go to the circus, take in the fair, go to a ball game, or attend a traveling entertainment in your area.

Play a Board Game

Set aside a time to play a board game together.

Make Ice-Cream Sundaes

Provide all the ingredients for making ice cream sundaes. To make it even more special, make home-made ice cream.

Hayride

Plan a hayride on a day all members of the family can participate.

Take a Hike

Visit nearby nature trails or parks for a family hike.

Stay Up Late

Allow children to stay up late on Friday as a celebration.

**Visit a Fast-Food Restaurant**

Let children choose their favorite fast-food restaurant for a meal.



CONGRATULATIONS ON FINISHING SELF-CONTROL IN THE FAMILY!

But don't stop now.

This book was just a jump start to help your family develop the habits of living more self-controlled with each other.

Now that you know what to do, keep practicing it on your own.

Work on the goals that you selected.

Make your own checklists.

Continue until living self-controlled is part of your family's life.







Place a sticker in the square for each activity that you do each day.

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Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

1. I chose a goal to work on today.

2. I did the following task today: _____

3. My coach gave me at least one positive message today.

4. I read two Q-cards or posters aloud this morning.

5. I planned my time to include both playtime and homework or chores.



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You're a Blessing

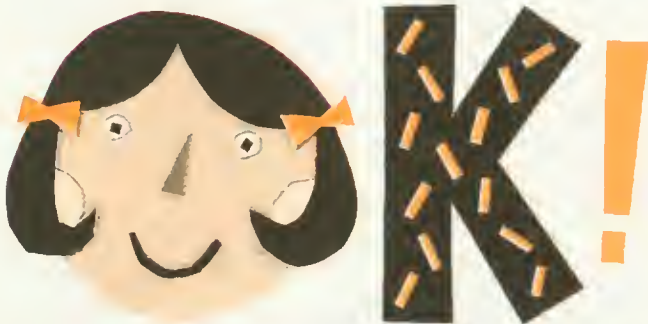


Keep on
going.

I'm
proud of
you



Keep up the
good work.



Whale
of a
job!



Good for
1 extra TV
program.



You did your
BEST
TODAY.

Getting
BETTER
all the time.



Much
better!

*Knew you
could
do it!*



GOOD FOR
inviting 1 friend
over after school.



Stick
to
it!

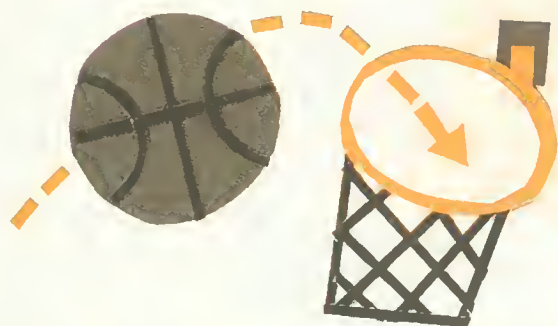


Masterpiece





I just
wanted
to say
thank you.



Slamdunk



extra
good

Good for 1 hour of
free time



Prize performance

UR#1

Good for
1
special treat.



Good for being
excused
from doing
1 chore



Take
a
bow!



Homerun

Good for you.



Good for
1 extra
hour of sleep.



Go for it!





You
DID
it!

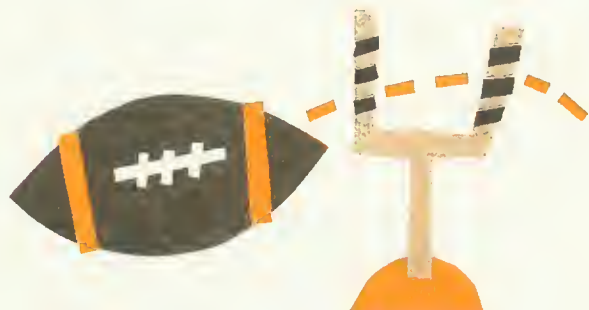
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What
a
Winner!!



Touchdown



First
Rate

You've got
the hang
of it.



WE'D LIKE TO KNOW . . .

Please help us by letting us know how you and your family felt about using
Self-Control in the Family by completing this evaluation form.

If you need more space, use another sheet of paper. To return, fold and tape.

1. Did you find *Self-Control in the Family* helpful?

☐ very helpful ☐ somewhat helpful ☐ helpful ☐ a little helpful ☐ not helpful

Why or why not? _____

2. What did you find the most helpful?

3. What did you find the least helpful?

4. What would you change in future editions?

5. What would you say to other families about using *Self-Control in the Family*?

6. Please share an experience your family had while using *Self-Control in the Family*.

7. Your family includes (check all that apply and write the age on the line.)

☐ Father _____ ☐ Mother _____

☐ Stepfather _____ ☐ Stepmother _____

☐ Grandfather _____ ☐ Grandmother _____

☐ Foster Mother _____ ☐ Foster Father _____

☐ Child _____ ☐ Child _____ ☐ Child _____

☐ Child _____ ☐ Child _____ ☐ Child _____

☐ Other (Who?) _____ ☐ Other(Who?) _____

8. How would you describe your family?

☐ Mother, Father, children

☐ Single parent with children

☐ Blending family

☐ Foster family

☐ Parent, Stepparent, Custody of children

☐ Parent, Stepparent, visitation only

☐ Grandparents with children

☐ Other _____

9. Did your entire family participate?

☐ yes ☐ no

If no, who did not participate (father, mother, teenager, 4-year-old, etc.)

Why or why not? _____

10. Would your family use another book with this approach on a different topic such as practicing kindness and respect for each other or developing self-control?

☐ yes ☐ no ☐ maybe

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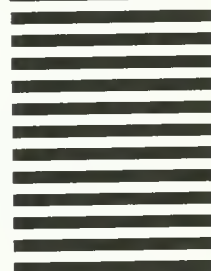


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Mikey Oldham
Children/Preschool Section, MSN 141
Baptist Sunday School Board
127 Ninth Avenue, North
Nashville, TN 37203-9982



MORE HELP FOR YOUR FAMILY . . .

Don't stop with just having more peace in your family.
Two additional home activity books are designed to help your family members change their habits in two important areas.

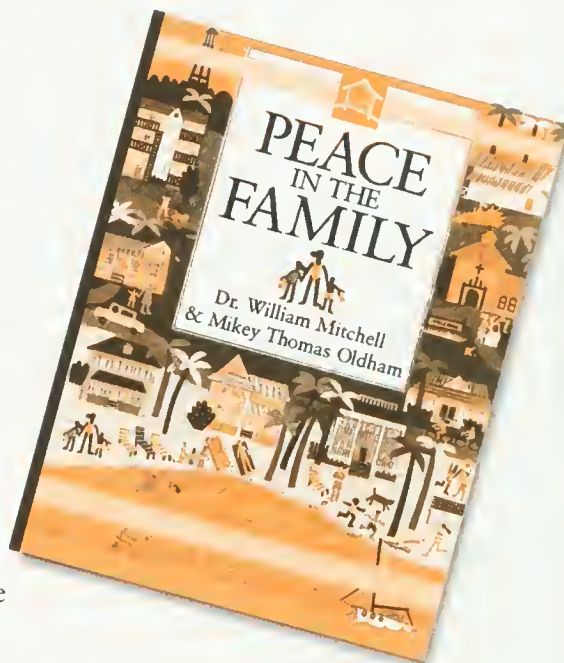
PEACE IN THE FAMILY

By Dr. William Mitchell and Mikey Thomas Oldham

Imagine this:

It's 5:30 p.m. You have just gotten home from work.
Your two school-age children are fighting over who gets to play a video game.
Your teenager is sulking and slamming doors because you said she could not go to the mall.
Your spouse is shouting at the children because they are too loud.
You could use more peace in your family!

The home activity book, *Peace in the Family*, is designed to help your family develop more peace. Organized like *Self-Control in the Family*, it is a home activity book designed to help change your family's habits by working on small daily goals. Use it to help your family learn to live more peacefully with each other.



KINDNESS IN THE FAMILY

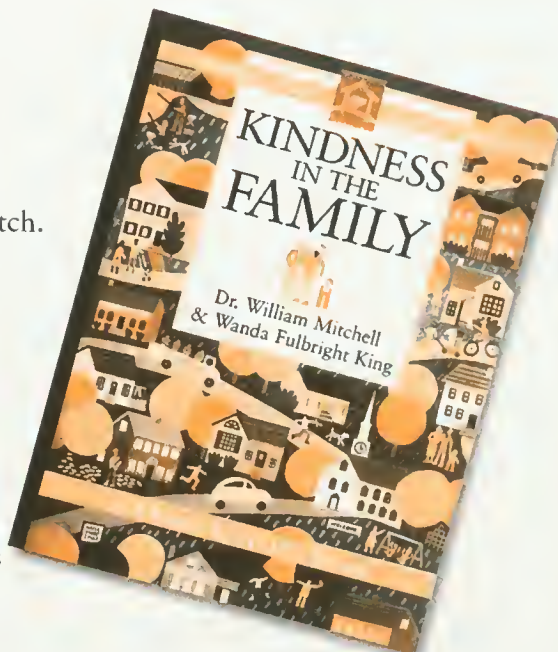
By Dr. William Mitchell and Wanda Fulbright King
(Available February, 1998)

Imagine this:

Your children share their toys.
Your teenager volunteers to do a chore for a sibling when he or she has a test.
Family members let someone else choose a TV show to watch.
Your children do not tease each other.
Your family builds each other up rather than tears each other down.

Sound impossible? *Kindness in the Family* is designed to help your family build these habits of kindness toward each other. Working on small daily goals trains family members in new behavior.

Kindness in the Family, like *Self-Control in the Family*, is a home activity book with goal sheets, evaluation sheets, Q-cards, checklists, stickers, and reward cards.



BUILDING STRONG FAMILIES ORDER FORM

TO ORDER

Detach and mail this order form to Customer Service Center; 127 Ninth Avenue North, MSN 113; Nashville, TN 37234-0113; or FAX (615) 251-5933; or EMAIL to customerservice@bssb.com.

BUILDING STRONG FAMILIES

by Dr. William Mitchell and Michael Mitchell

This book by Dr. Mitchell and his son Michael provides parents with practical suggestions on how to train their children following a biblical foundation for building strong families.

BUILDING STRONG FAMILIES LEADER KIT

This kit provides the resources a church or organization needs to introduce the Building Strong Families emphasis to families. The kit contains a copy of the book, *Building Strong Families*, a leader guide, reproducible audiotape featuring Bill Mitchell, a videotape containing a five-minute promotional segment and a 30-minute Building Strong Families presentation for use at church and in the home.

HOME ACTIVITY BOOKS

The following home activity books each help families develop constructive habits to change how they interact with each other in a particular area:

- *Peace in the Family, A Home Activity Book* by Dr. William Mitchell and Mikey Thomas Oldham
- *Self-Control in the Family, A Home Activity Book* by Dr. William Mitchell and Phyllis Belew
- *Kindness in the Family, A Home Activity Book* by Dr. William Mitchell and Wanda Fulbright King (Available February, 1998)

_____ 0-8054-6370-4	<i>Building Strong Families</i>	\$13.99	_____
_____ 0-7673-2669-5	<i>Building Strong Families Leader Kit</i>	\$69.95	_____
_____ 0-7673-2584-2	<i>Peace in the Family, A Home Activity Book</i>	\$12.95	_____
_____ 0-7673-3175-3	<i>Self-Control in the Family, A Home Activity Book</i> ...	\$12.95	_____
_____ 0-7673-3174-5	<i>Kindness in the Family, A Home Activity Book</i>	\$12.95	_____

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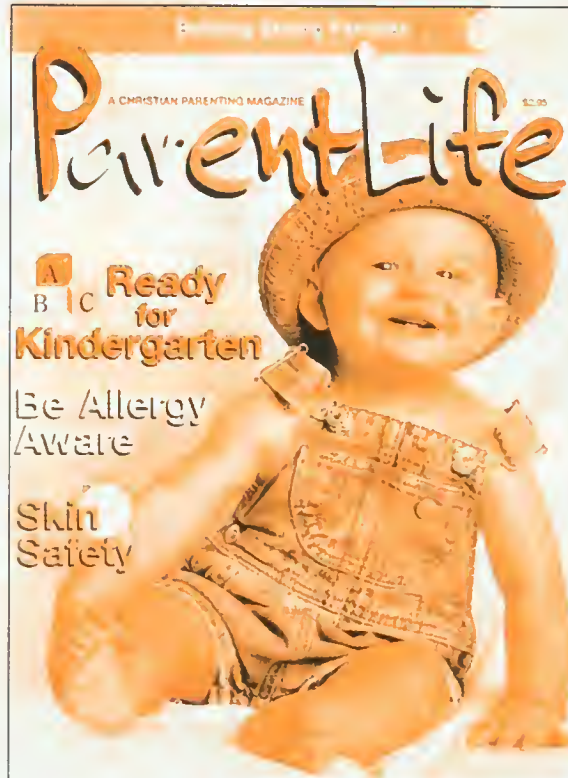
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☐ Please bill (new account opened if # not given)

*Shipping and handling charges—add 6 percent of the total price (\$2.50 minimum, \$150 maximum). Actual shipping costs will be billed for rush shipments and special handling requested by a customer. Payment for international orders must be drawn on U.S. banks for U.S. dollars. Please make checks payable to The Sunday School Board. Prices and availability are subject to change without notice. Thank you for your order. Your satisfaction is guaranteed.

ParentLife



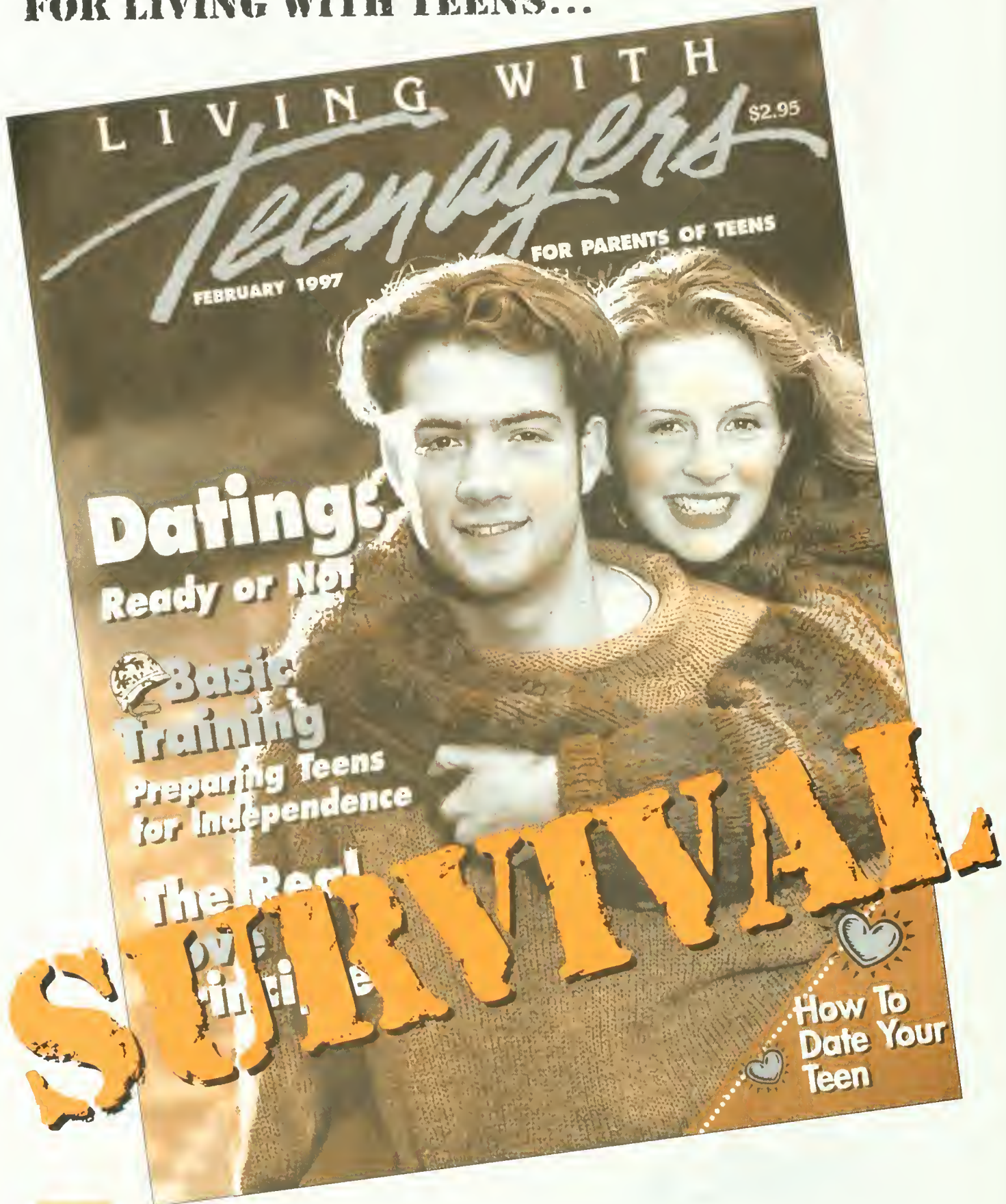
In the middle
of it all...

ParentLife helps you
build a strong family.

To order a free copy of our monthly magazine call:
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**A PARENT'S MONTHLY SURVIVAL GUIDE
FOR LIVING WITH TEENS...**



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OUR MONTHLY MAGAZINE CALL (615) 251-2226.**

PRACTICAL TOOL FOR CHANGING YOUR FAMILY'S HABITS

Do your children and teens have trouble setting and reaching goals? Do they lack self-discipline? Do they put things off? Can they stick to a schedule? Do they do what is right even if you are not around?

These issues are only a few covered by *Self-Control in the Family*. Easy to use, this book is designed to establish habits in children and teenagers which lead to more self-control in your family. It also helps you to develop new habits of self-control.

It is not a family devotional book but rather a home activity book. Each day family members set and achieve small goals which help them develop more self-control or self-discipline. A different sort of book, you will not be reading much. In fact, it is designed to be taken apart and used. Included are

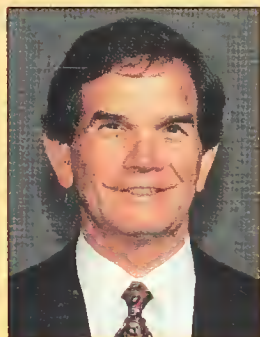
- Tear-out cards and posters with quotes
- Checklists and stickers for children
- Motivational stickers and cards
- 30 daily goal/evaluation sheets for each family member
- Ideas for celebrating your family's success

OTHER RESOURCES IN THE BUILDING STRONG FAMILIES SERIES:

Building Strong Families—This book by Dr. Mitchell and his son Michael offers suggestions on how to train children following a biblical foundation.

Building Strong Families Leader Kit—This kit is for churches and other organizations to introduce a Building Strong Families emphasis. It includes a book, videotape, and reproducible audiotape.

Peace in the Family—This home activity book helps families develop habits that help them live peacefully with each other.



Dr. William Mitchell is a nationally-known author and speaker on improving family life. President of the Power of Positive Students International Foundation, Dr. Mitchell holds his doctorate in education and is a former school superintendent, principal, and teacher.



An experienced conference leader and writer, Phyllis Belew has written curriculum for the Baptist Sunday School Board. Currently serving as a Special Worker in Discipleship Training and Sunday School throughout California, she is also a graduate of Arizona State University and Golden Gate Baptist Theological Seminary.

